

INLANDER

MAY- JUNE 2024
FREE

Health & Home

SECRETS OF DUNCAN GARDEN

5 TIPS FROM THE
MANITO PROS
PAGE 40

HOME

A Peaceful Valley Oasis
PAGE 10

PEOPLE

Expo '74 and the Opera House
PAGE 62

SUPPLEMENT TO THE INLANDER



Bringing your
inspiration to life.



BEST WINDOW COMPANY



Style and performance can be
yours, year in and year out, with
Pella® windows and doors.

Visit your local Pella branch today to explore all the styles,
finishes and hardware that help create your one-of-a-kind
look. Whether you're interested in wood, fiberglass or vinyl,
Pella has the windows and doors you desire.

Come see us and discover
what's waiting at Pella
Windows & Doors, 411 E
Pacific Ave, Spokane, WA
99202.

509-242-1111 |
pellabrand.com/spokane/

FROM THE EDITOR



Stay Connected

Email *Health & Home* Editor Anne McGregor at annem@inlander.com.

The conversation continues on the Inlander Facebook page, and stay in touch with us at [Inlander.com/Health&Home](https://www.inlander.com/Health&Home).

DON HAMILTON PHOTO

Creative Energy

BY ANNE MCGREGOR

Did you know Duncan Garden's manicured symmetry stretches for two entire city blocks in the heart of Manito Park? We've often wowed out-of-town visitors (who might have been, shall we say, underwhelmed, as they exited I-90) with a stroll in our city's magnificent outdoor living room. There's usually a little photoshoot underway for prom, a wedding or senior pics. Clumps of admirers chat among the flowers and fountains and snap photos from the gazebo. But in all these years of appreciating the garden's undeniable beauty, not once did I wonder who designed the beautiful floral display. In this issue, we remedy that! I know you'll enjoy reading Colton Rasanen's story about the park's flower bed designer Maddie Whitney (page 40), and you'll also find some expert tips for creating your own colorful, summer displays.

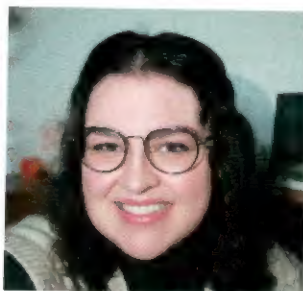
In our Food section, we're happy to share a recipe from Gander & Ryegrass Chef Peter Froese that's perfect for brunch, or really any meal (page 52). Froese told me he spent quite a bit of time creating a dish that's approachable for home cooks — and he offers helpful encouragement throughout the recipe.

Finally, it's the 50th anniversary of Expo '74, and we take a look at one of the world's fair's lasting legacies (page 62). The First Interstate Center for the Arts, originally known as the Spokane Opera House, is a building with both its history and future very much intertwined with the story of a single Spokane family.

Cheers,

Anne

CONTRIBUTORS



MADISON PEARSON is the Listings Editor and Digital Lead at the *Inlander* and also regularly contributes to the Arts & Culture section of the paper. In this issue of *Health & Home*, she shares her experiences as a lifelong migraine sufferer and the hope-filled future of migraine treatment.



COLTON RASANEN is one of the *Inlander's* handful of staff writers, regularly covering education news, LGBTQ+ affairs, and most recently arts & culture. In this issue of *Health & Home*, he sat down with Maddie Whitney, the designer of Manito Park's Duncan Garden, to uncover the work that goes into planning one of Spokane's largest gardens.

Health & Home

SPOKANE • EASTERN WASHINGTON • NORTH IDAHO
also at [inlander.com/health&home](https://www.inlander.com/health&home)

1227 W. Summit Parkway, Spokane, Wash. 99201
PHONE: 509-325-0634

HEALTH & HOME EDITOR

Anne McGregor
annem@inlander.com

HEALTH & HOME ART DIRECTOR

Ali Blackwood

INLANDER EDITOR

Chey Scott

INLANDER NEWS EDITOR

Samantha Wohlfeil

CONTRIBUTORS

Stacey Aggarwal, Eliza Billingham, Leslie Douglas, Erick Doxey, Young Kwak, Will Maupin, Rob Miller, Hannah Mumm, Madison Pearson, Colton Rasanen, Summer Sandstrom, Nate Sanford, Carrie Shriver, Robert Slack

ADVERTISING & COMMUNICATIONS MANAGER

Tamara McGregor

SENIOR ACCOUNT EXECUTIVES

Carolyn Padgham, Kristi Gotzian, Autumn Potts, Claire Price

ACCOUNT EXECUTIVES

Tracy Menasco, Stephanie Grinols, Meghan Fitzgerald

ADVERTISING ASSISTANTS

Raja Bejjani, Colleen Bell-Craig

PRINT PRODUCTION MANAGER

Tom Stover

SENIOR GRAPHIC DESIGNER

Derrick King

GRAPHIC DESIGNER

Leslie Douglas

CIRCULATION

Frank DeCaro, Travis Beck

BUSINESS MANAGER

Dee Ann Cook

CREDIT MANAGER

Kristin Wagner

PUBLISHER

Ted S. McGregor Jr.

GENERAL MANAGER

Jeremy McGregor

Health & Home is published every other month and is available free at more than 500 locations across the Inland Northwest. One copy free per reader. Subscriptions are available at \$3 per issue: call x213. **Reaching Us:** Editorial: x262; Circulation: x226; Advertising: x233. **COPYRIGHT** All contents copyrighted © Inland Publications, Inc. 2024. *Health & Home* is locally owned and has been published since 2004.

INLANDER

SUPPLEMENT TO THE INLANDER



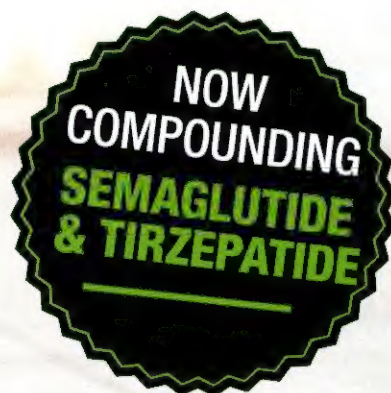
KORU PHARMACY

NUTRITION | WELLNESS

Discover the benefits of Customized Medications, compounded for you and your pets

Our staff is expertly trained & certified in prescription compounding and we are ready to serve you in our state of the art facility at our new location.

- Custom Compounding for People & Pets
- Flavor & Dosage Form options for veterinary prescriptions
- Bio-Identical Hormones
- Customized Preservative-Free, Dye-Free and Allergen-Free Products
- Low-Dose Naltrexone
- Hormone Consultations
- Nutrition Counseling for Wellness, Weight Loss & Athletic Performance
- Professional Grade Supplements including: Thorne, Ortho Molecular, Metagenics, Design for Health, Pure Encapsulations, Integrative Therapeutics
- Pharmacist formulated CBD
- Locally owned



1802 N. Monroe St | Spokane, WA 99205

Hours Mon-Fri 8:30 am – 6:00 pm | Sat 9:00 am - 1:00 pm

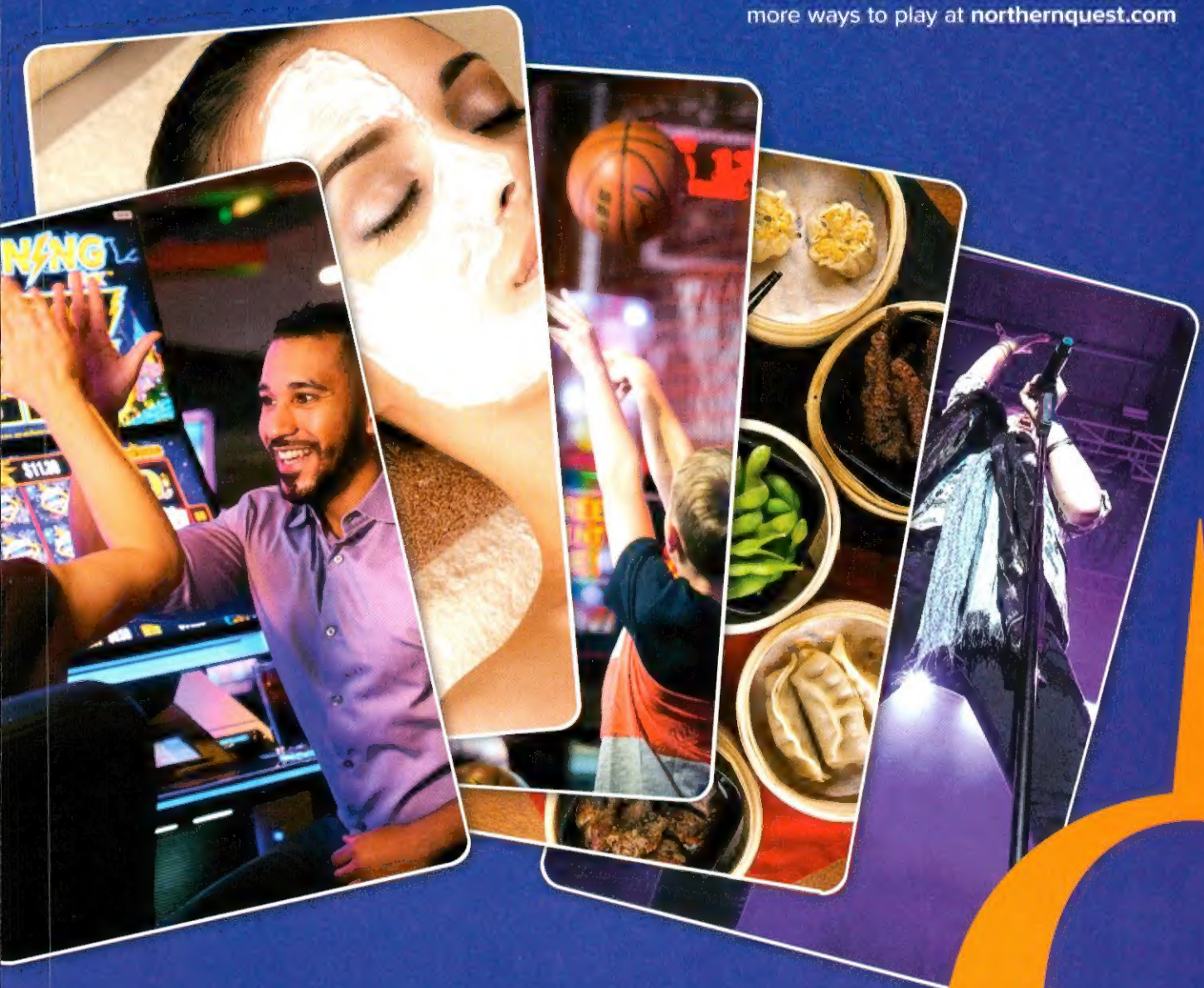
509-343-6252 | Fax 509-343-6251 | korupharmacy@gmail.com



We've got a full house.

From spa days and shopping sprees to big-name shows and drag races, the Northwest's largest casino resort offers a full range of amenities and entertainment to suit your stay. Take the slots for a spin, grab a bite to eat, and enjoy a relaxing spa service—all under one roof. Then venture outdoors to find family fun at the RV resort, join the concert crowd at BECU Live, or experience the thrill of Olispé Raceway Park.

And the fun doesn't end there! Find even more ways to play at northernquest.com

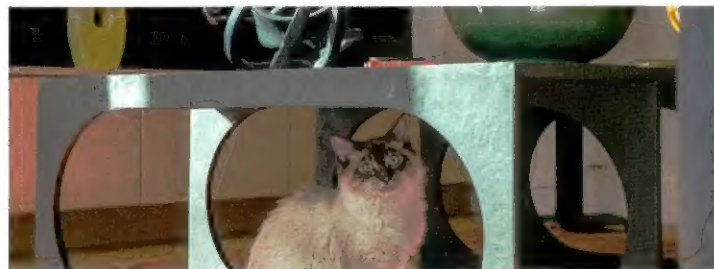
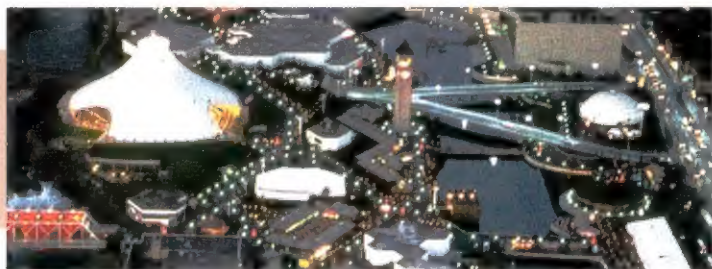


NORTHERNQUEST.COM | 877.871.6772 | SPOKANE, WA

Inside

May - June 2024 • Also at inlander.com/health&home

ON THE COVER: Rob Miller Photo / RL Miller Photography



& Etc.

CROWD-PLEASING CELEBRATIONS PG. 8
EXPO 50 EVENTS PG. 9

& Home

VIBIN' IN PEACEFUL VALLEY PG. 10
AFFORDABLE HOUSING SOLUTIONS PG. 18



& Health

A PAIN IN THE BRAIN: MIGRAINES PG. 26
THE SCENT OF TRUTH PG. 32

& Lifestyle

MANITO'S DUNCAN GARDEN PG. 40
EASY RIDING: E-BIKES PG. 46



& Food

GANDER & RYEGRASS PG. 52
NEW RESTAURANTS TO TRY PG. 60

& People

THE FAMILY BEHIND THE OPERA HOUSE PG. 62

THE INLAND NORTHWEST'S BEST-READ LIFESTYLE MAGAZINE



NORTHWEST

GOLF CARS



YAMAHA

Authorized Dealer

With Yamaha, you can expect the most comfortable and luxurious ride, every time. With industry-leading Drive2 features including the widest seats on the market, the largest occupancy space and a stylish, automotive dash, you simply will not want to ride any other way.



CONNECT WITH US

ON SOCIAL MEDIA



Sales

Work with our award winning sales team and let them make the purchasing experience both easy and memorable



Service

With over 50 years of combined experience, our technicians can help maintain your Yamaha, EZ-GO, or Club Car



Rental

Special occasion? Stand apart by renting a stylish and comfortable 2, 4, or 6 seater golf car to transport your guests



Spokane - 509.328.5838
7001 E Trent, Spokane WA 99212



Tri-Cities - 509.582.5108
2579 Stevens Dr, Richland WA 99354

EVENTS

Crowd-Pleasing Celebrations

ERICK DOXEY PHOTO

PICKS BY MADISON PEARSON



Kroc Center 15th Anniversary Celebration

The Kroc Center in Coeur d'Alene is a hub for families and members of the community seeking fun and friendships. This May, the center is celebrating its 15th anniversary with a week of activities. If you're a member of the Kroc, you definitely want to head there on May 6 for some free barbecue. The big celebration takes place on May 11 with a huge open house that's free to all members of the community. The event features fun games, free food and a ton of activities for the entire family to enjoy. The Coeur d'Alene Symphony takes the stage Friday evening and Saturday afternoon for the Vive La France concert. Nothing screams celebration like some beautiful melodies and free food! *Sat, May 11 from 10 am-3 pm, free, Kroc Center, kroccda.org. Coeur d'Alene Symphony concert Fri, May 10 at 7:30 pm and Sat, May 11 at 2 pm, \$15-\$35, cdasympphony.org*



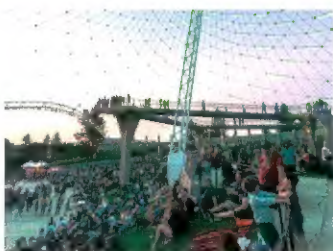
Parade of Paws

There's nothing like the love you have for your pet. They're with you through good times and bad times. They're there to lend a paw when you need a little emotional support, and they bring great joy with their adorable faces and sweet personalities. Each year, the Spokane Humane Society hosts the Parade of Paws, a 1- to 2-mile walk that raises funds in support of the animals at the Humane Society awaiting their forever homes. This is a chance to hang out with your kids, fellow pet lovers and the adorable animals living at SHS. If your precious fur babies are well-behaved in crowds, feel free to bring them along on a leash so they can get involved in the fun as well! *Sat, June 1 at 9 am, \$30, Spokane Humane Society, spokanehumanesociety.org*



Modern Homesteading Conference

This two-day conference combines the art of simple living and traditional skills through presentations and lectures from experienced homesteaders. Including speakers like Melissa K. Norris from *Pioneering Today*, Noah Sanders from *Redeeming the Dirt*, Jessica Burhenn from *GrainMaker* and many more. The conference's schedule features lectures on raising chickens, preservation, sourdough, homemade soap, butchering, kombucha and even sheep hoof trimming. Pretty much anything you could ever want to learn about sustaining your kitchen, home and farm, you can learn at this educational conference for aspiring and established homesteaders. *June 28-29; Fri from 7 am-7 pm, Sat from 7 am-5 pm, \$149-\$399, Kootenai County Fairgrounds, modernhomesteading.com*



4th of July Fireworks

No matter how old we get, humans are eternally entranced by a magnificent fireworks display. Lucky for us Spokanites, there are two big fireworks displays to choose from for 2024's Independence Day celebrations. The Riverfront Park show is an annual display taking place in the Lilac Bowl underneath the park's iconic clocktower. The cherry on top is the Spokane Symphony's performance that begins at 9 pm, one hour before the fireworks start. The display is free to attend. If you're a sports fanatic — or if you're just craving a good hot dog — head over to Avista Stadium to watch a baseball game with a fireworks display to follow. If you're lucky, you'll get to watch the fireworks alongside the amazing Indians' mascots, OTTO, Doris, Ribby and KC! For tickets, visit milb.com/spokane. *Thu, July 4, location, times and prices vary.*

Nifty Fifty

The city's nine-week celebration of the 50th anniversary of Expo '74

BY MADISON PEARSON

Just 50 years ago, Spokane's riverfront was an industrial hub. Our downtown area was packed with train trestles and lumber, hardly anything like the bustling city streets we know today.

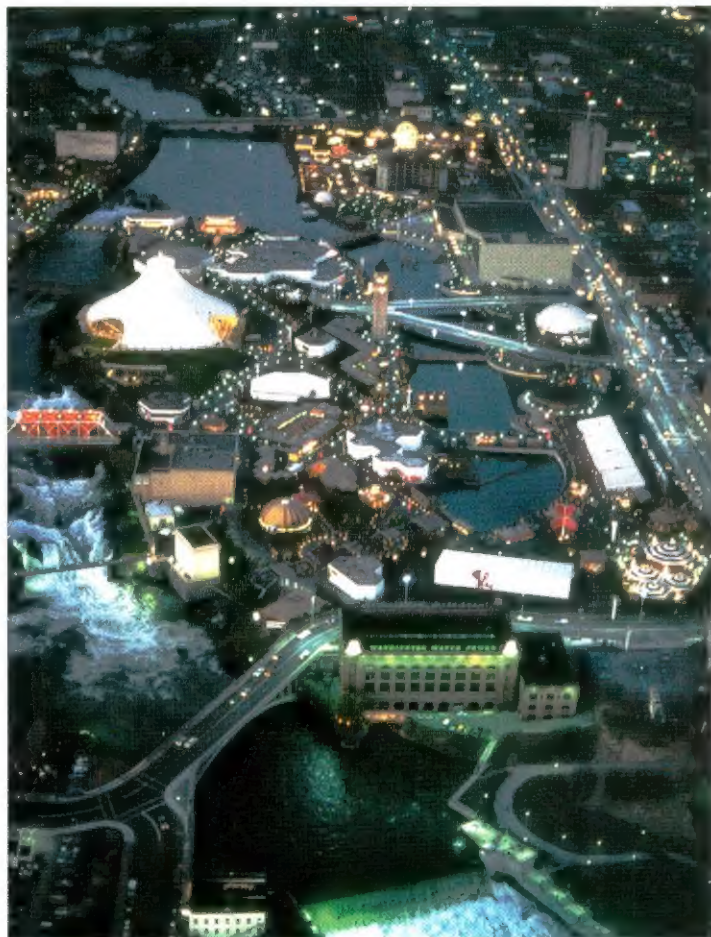
That all changed in 1970 when Spokane was considered as a proposed site for the 1974 World's Fair. Beautification efforts began in the area we now know as Riverfront Park, and the rest is history. On May 4, 1974, Spokane became the smallest city to ever host a World's Fair and the first city to focus solely on the environment for the fair's theme. From then on, our city changed in myriad ways and now, 50 years later, the city is celebrating with a nine-week slate of events honoring Expo '74's legacy.

It all begins on Sat, May 4, with the **OPENING CELEBRATION** featuring cultural performances from local groups, a drone show, and speeches from representatives for pillar groups and voices from Expo '74's past, as well as those building upon its legacy now and for the future.

The festivities don't end there, though. Events are happening throughout the summer at Riverfront Park, the Northwest Museum of Arts & Culture, Spokane Public Library branches and more.

Take a historic walking tour of Riverfront Park and learn about how the landscape changed specifically for Expo, learn about Spokane's Asian community in 1974 or catch a wonderful pow-wow at the falls in celebration of the 50th anniversary. 🌟

To stay up to date on Expo events and news, go to Expo50Spokane.com



Set in what's now Spokane's Riverfront Park, Expo '74 attracted more than 5 million attendees during its run from May 4 to November 3, 1974. NW MAC PHOTO



General Motors' "sleek Chevrolet idea car" — the XP 898 — featured a removable top and was notable for its four-cylinder engine, designed, they wrote, to "fit into the smaller engine compartment." NORTHWEST MUSEUM OF ARTS AND CULTURE PHOTO

VROOOOMMM...

Full Throttle

There's something about spotting a sweet hot rod out in the wild that makes your day every time.

Luckily for local car enthusiasts, the Northwest Museum of Arts & Culture is holding an exhibition dedicated, as its title says, to **DRIVING THE AMERICAN DREAM: 1970s CAR DESIGN**.

The show aims to teach the public about the changes in the world that heralded a new era of automobile construction in the United States. Check out a bunch of classic cars, funky rides and sweet sets of wheels while learning about how the world looked while the 1974 World's Fair was happening right here in Spokane.

While you're at the MAC, check out the official Expo '74 exhibit, "It Happened Here: Expo '74 Fifty Years Later," to get a better idea of who was driving these cars and why they were so groundbreaking at the time.

— MADISON PEARSON

Driving the American Dream: 1970s Car Design • June 15-Sept. 14, Tue-Sun from 10 am-5 pm • \$7-\$12 • Northwest Museum of Arts & Culture • 2316 W. First Ave. • northwestmuseum.org

& Home



Designer Ally Tedrow wrapped a support post at the kitchen island in white oak that continues as a faux beam on the ceiling. "We wanted to incorporate the post in a unique way with the light fixtures," she says. INSIDE SPOKANE PHOTO



Vibin' in Peaceful Valley

A light-filled contemporary home provides the perfect backdrop for a couple's colorful collections

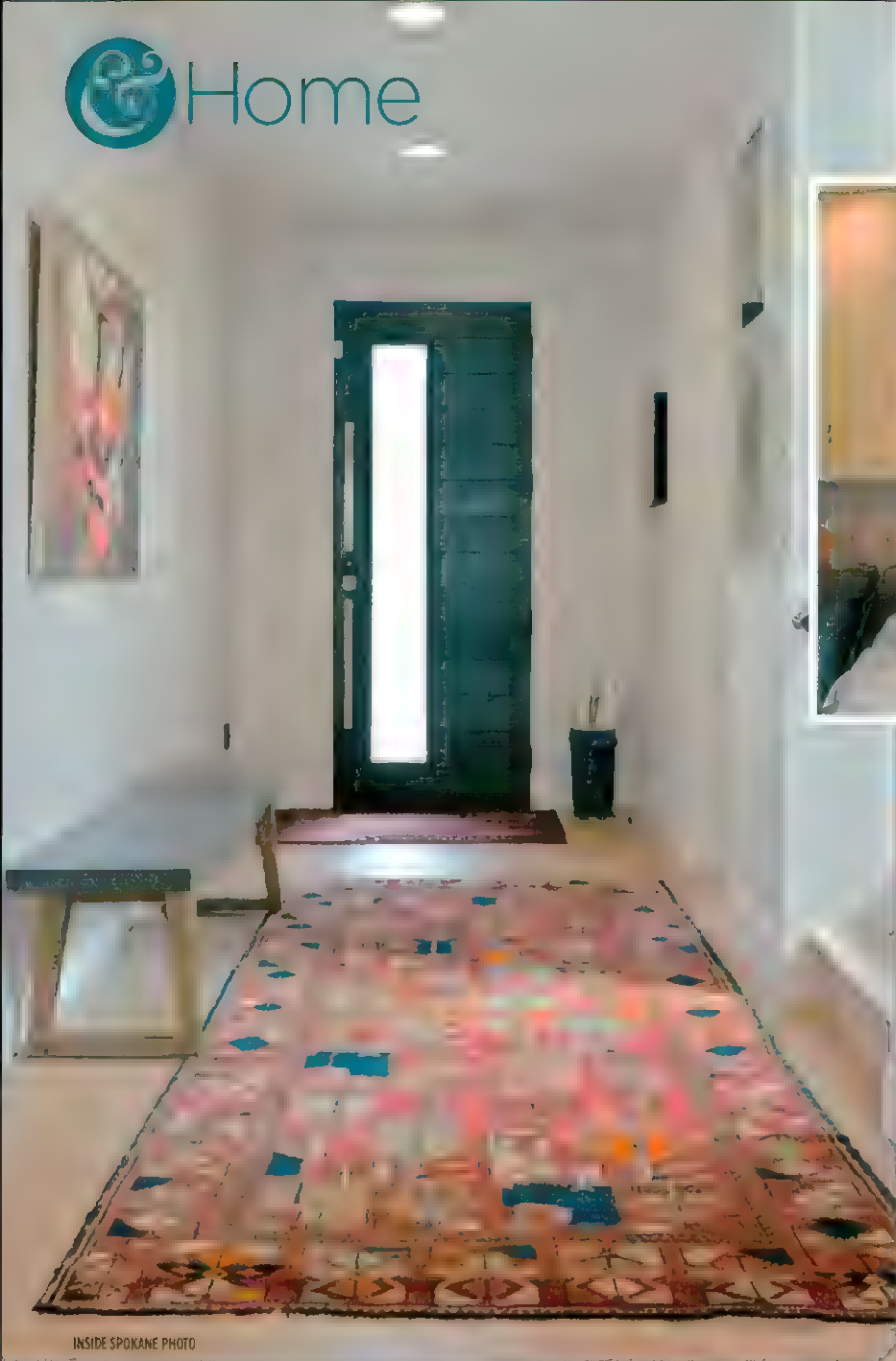
BY ANNE MCGREGOR

The first thing you need to know about Bridget and Bruce Rigg is they are a very energetic couple with a lot in common. And a lot of individual interests as well. Together they enjoy travel and collecting art; her hobbies include baking lots (and lots) of bread and crafting caramels, while he often wins the bidding for vintage rugs at online auctions, resulting in a stockpile of rolled up treasures.

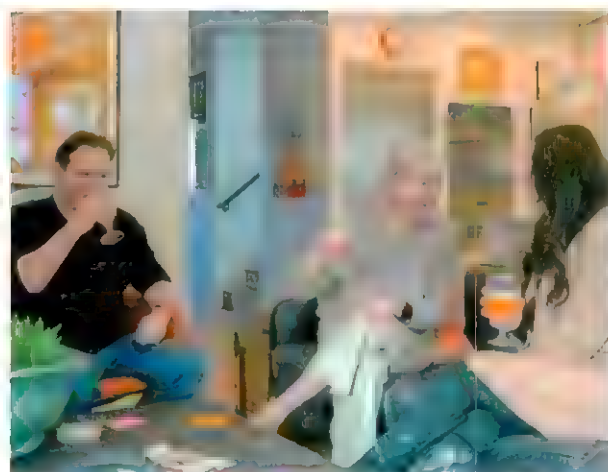
Luckily, there's plenty of room for all of it within the walls of their light-filled Peaceful Valley contemporary home.

In 2016, the couple found themselves living in a spacious traditional house on the South Hill. It was a great home, but they were ready for something fresh and new, with a smaller, lower-maintenance yard. When a lot became available in Peaceful Valley, the couple jumped on it, and teamed up with custom builder Contempo Homes, owned by Ally and Scott Tedrow, who completed the entire project in 14 months.

Continued on next page



INSIDE SPOKANE PHOTO



Bruce and Bridget Rigg (left) worked with Contempo Homes Ally Tedrow to build their modern home in Spokane's historic Peaceful Valley.

LESLIE DOUGLAS PHOTOS

Vibin' in Peaceful Valley...

The home's exterior was based on Contempo Home's "Willapa House," while the interior layout is unique. Finding the finishes was kickstarted by comparing ideas via Pinterest. Tedrow then invited the Riggs to view a curated selection of flooring, counter and tile options at Spokane's Floor & Home store.

"I have them all laid out so they're not just aimlessly shopping the racks, we have it more honed in... As you can tell, Bridget and Bruce are into doing fun things, and if you can be creative with your clients it's so much fun." The couple were working within a budget, and wanted to combine the 1970s and '80s design that Bruce remembered from his

**If you can be
creative with
your clients it's
so much fun.**

childhood and also incorporate Scandinavian elements for Bridget. They were united in requiring lower maintenance indoors and out, and they were open to reducing square footage to make room in the budget for higher-end items, like Thermador appliances for Bridget and unique finishes and tilework that appealed to Bruce's aesthetics.

A mostly neutral palette including light wood floors and ample windows with black framing provide the perfect backdrop for the couple's eclectic and colorful stylings, a collection that's always evolving.

In the living room, the contemporary fireplace design was adapted from one of Ally's inspo

Continued on page 14...

AS WE FINE-TUNE OUR NEW SPACE, WE LOOK FORWARD TO SERVING YOU AT RUNGE FURNITURE

We are open during our final remodeling phases,
shop now for close-out pricing on remaining items

- NORTH IDAHO'S BEST FURNITURE STORE
- LOCAL AND FAMILY-OWNED SINCE 1946
- DEDICATION TO CUSTOMER SATISFACTION
- QUALITY BRANDS FROM CLASSIC TO MODERN

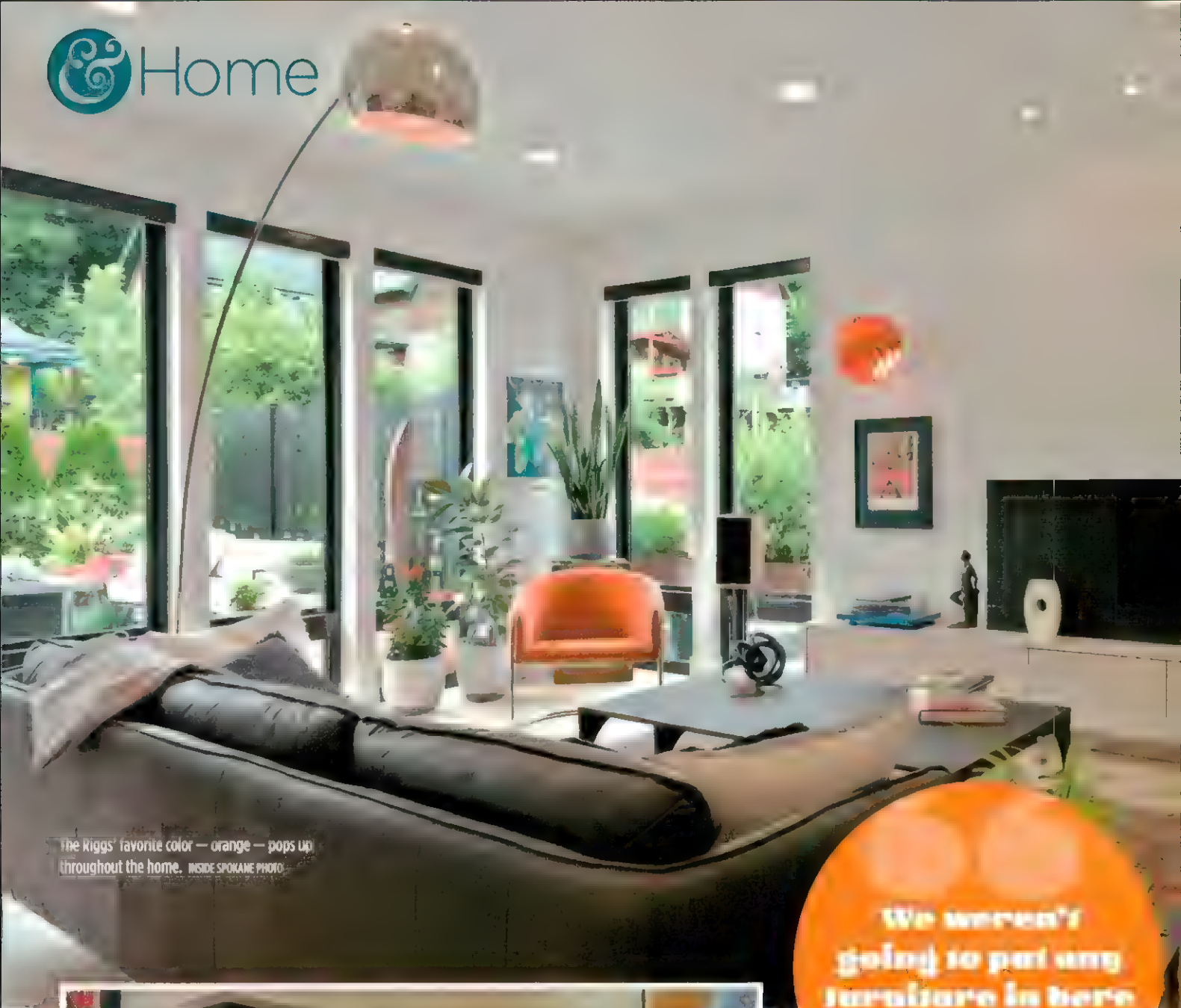


Canadel



RUNGE
furniture

303 Spokane Ave, Cd'A • 208 664-2131
rungefurniture.com



The Riggs' favorite color — orange — pops up throughout the home. INSIDE SPOKANE PHOTO

We weren't going to put any furniture in here until we found the right place.



Rescue kitten Murphy observes the household from beneath a CB2 coffee table. LESLIE DOUGLAS PHOTO

Vibin' in Peaceful Valley...

boards but needed a pendant light to complete it. Bridget found the vintage Danish Turbo light at Spokane's Metro Eclectic, and it was the couple's favorite color: orange. The chrome frame chairs upholstered in a rich orange are from the 1960s. Bridget happened upon the 1970s arc lamp at Spokane's Tossed & Found and snapped it up. But finding the main element of the room, the sofa, required patience.

"We decided from the beginning that we weren't going to put any furniture in



The upstairs studio and TV lounge contains memorabilia from Bruce's work in the music industry, as well as one of his signature vintage area rugs. The space is designed to be easily converted to a bedroom if the home someday has new owners.

Tedrow chose Cambria Brittanica Quartz for the kitchen counters and backsplash. The upper bank of cabinets are white oak European boxes with slab fronts, while the cabinets are painted in Sherwin Williams "Pure White." *INSIDE SPOKANE PHOTOS*



here until we found the right piece," Bruce says. "Two years later, we finally got the couch." The Crate & Barrel piece manages to be comfortable yet still in scale with the rest of the furniture and the space, though its "newness" was at first off-putting to Bridget who preferred the lived-in patina of the store's floor model.

For the kitchen, Tedrow went with a combination of white and wood cabinetry, with an expansive second tier of upper storage for baking supplies that Bridget can access with a step stool (she estimates she's used 1,500 pounds of flour in the past five years). Vintage stools for the island were revived with powder coating, once again in orange.

A narrow dining table is surrounded with chairs

Bridget found at a bargain, 10 for \$300. "I got rid of the worst ones and kept these," she says. She paired two vintage glass-door cabinets with a new top fabricated to cover both units, creating the sideboard that also offers handy storage.

Meanwhile Bruce spends time combing the internet for handmade wool rugs with bold geometric patterns, "I don't do flowers. That makes them look old-fashioned," he says. His collection mostly dates from the 1940s to the 1970s, and he frequently swaps out the rugs on display at their home, keeping the look fresh and inviting.

And then there's the art. Striking works by well-known regional artists and more humble pieces, some-

Continued on next page...



Work by Tsutomu Toguchi INSIDE SPOKANE PHOTO

I like being in a funky area because I just don't fit into a subdivision.



Work by Harold Balazs INSIDE SPOKANE PHOTO

"I didn't want a backyard that was full of grass," says Bruce Rigg, who notes that people were initially skeptical of his concrete pad design plan. "I said, 'Just wait. It's all gonna come together.' And it did. It's a livable area." Bridget had the custom powder-coated metal screens locally fabricated to enhance privacy.

BRUCE RIGG PHOTO

Vibin' in Peaceful Valley...

times sourced from yard sales, all share space on the walls. A colorful "abstract" by Bridget's daughter when she was 3 years old is neatly framed and hanging in the kitchen. Harold Balazs' work hangs next to the fireplace. A new favorite is the resin work of Bend, Oregon artist Nicholas Vicknair, with several of his pieces finding their way into the couple's collection.

Upstairs, a TV lounge area is a work in progress, featuring just a small portion of the planned display of Bruce's extensive colorful collection of music posters and other concert memorabilia gathered during his career in the music industry. Tedrow designed the area to easily be converted into a third bedroom if new owners take over some day.

But for now, the Riggs are happy with their home and in particular, their Peaceful Valley neighborhood, where Bridget can quickly ride her electric bike up the hill to downtown or across the river to her office in Kendall Yards.

"I like being in a funky area because I just don't fit into a subdivision," she says. "The vibe down here is awesome, and you know everybody. If someone moves in you take them around and introduce them to everybody. This is really a community." 🌿

COMFORT

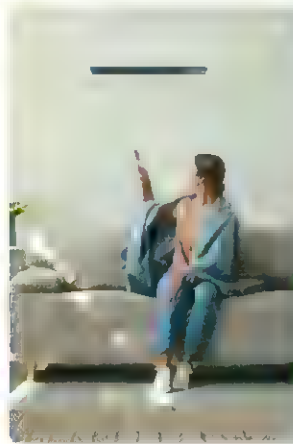
HEATING • COOLING
ELECTRICAL • PLUMBING
GENERATORS
MAKING FAMILIES COMFORTABLE



**MITSUBISHI
HEAT
PUMPS**

- UP TO \$2000 TAX CREDIT
- ENERGY SAVING
- SUSTAINABLE
- LOWER CARBON EMISSION
- CUSTOMIZABLE

COMFORTNW.COM
(509) 593-3181



SERVING THE NORTH IDAHO
AND EASTERN WASHINGTON
AREA

0% FINANCING OPTIONS • 12
YEAR WARRANTY

KOHLER
Generators



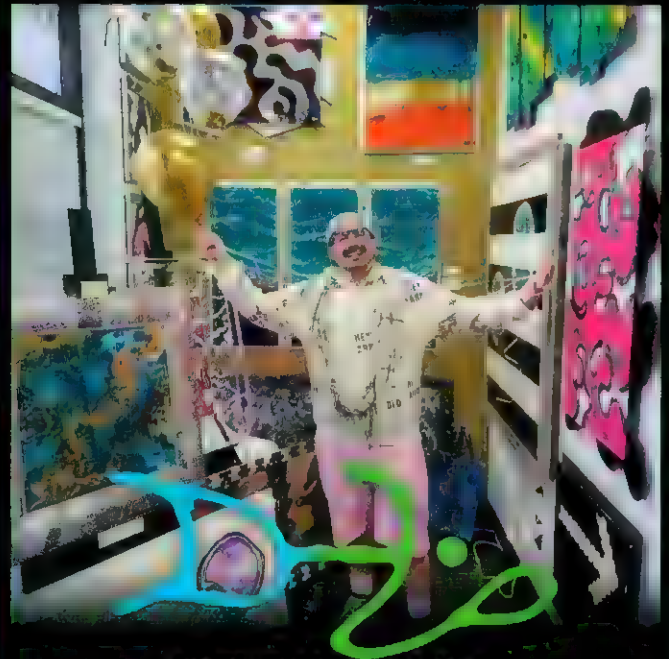
GENERAC
POWERED QUALITY

MITSUBISHI
ELECTRIC



WA LICENSE #COMFOHC773K3, #COMFOHC765B2, #COMFOHC772R1

In a World of Black and White,
Be the Pop of Color



Big City Art Studio & Gallery

Open almost every day but always Tuesdays & Thursdays – Just Knock!

164 S Washington Suite 500, Spokane • 509-499-9152

Join Us for First Fridays Every Month

YOU'VE GOT OPTIONS WITH A HANDY HELOC

MOMENTUM HOME EQUITY LINE OF CREDIT

Special Introductory Rate & Flexible Payment Options



Fresh Color

GET STARTED



Dream Vacation

APPLY NOW



Kitchen Renovation

GET STARTED



Bathroom Remodel

APPLY NOW



HZCU.ORG/MOMENTUM

*OAC. Membership fee and restrictions may apply. EQUAL HOUSING OPPORTUNITY | NMLS 407890

HORIZON
CREDIT UNION

A rendering of the exterior (above) of a two-story duplex being developed by Sullivan Homes PNW. Plan views show the duplex's lower level (left) and upper level (right). COURTESY SULLIVAN HOMES PNW



Affordable Housing Solutions?

BY ANNE MCGREGOR AND NATE SANFORD

New zoning laws are inspiring builders to get creative with nontraditional housing

Trouble finding a place to call home? From apartments and condos to single family homes, they just aren't getting built — and haven't been for the past decade or more — at levels anywhere close to what's needed.

But there are significant efforts underway to help close the gap between enormous demand and limited supply. Spokane issued 1,340 residential building permits in 2023, a 56% increase over the prior four-year average, and 984 permits were for multifamily units. The uptick is in part thanks to zoning changes that permit construction of ADUs, duplexes, triplexes and townhouses and even six-plexes. Area homebuilders are ready to capitalize on the new possibilities.



Space for Four

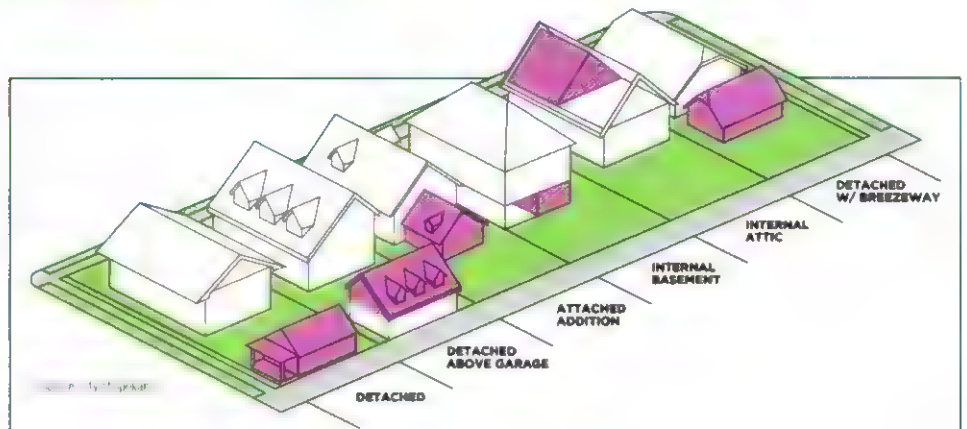
Todd Sullivan's been building houses for 30 years and yet, "A couple of years ago I realized, my kids can't afford homes."

He felt terrible about that. While out on a walk in a midcentury Seattle neighborhood with his dad, Sullivan says he got some fatherly advice. "He said, 'Todd, you need to go back in time and build small homes on small lots.'"

Thanks to Washington's Middle Housing laws, which Sullivan calls "the most groundbreaking zoning reform in the nation," Sullivan thinks he'll be able to realize his dad's vision and help his kids' generation become homeowners. The quest has become "a driving force for Sullivan Homes."

Sullivan, who's also an attorney, praises Spokane leaders who "jumped to the forefront and... enacted a series of zoning laws that mostly mirror the state MHL laws. Spokane's MHL ordinances now allow up to four units per lot depending on location and change a variety of other requirements in terms of house size, lot size and design changes," he notes in an email.

Sullivan Homes PNW is working on several affordable housing projects. The first takes advantage of the opportunity to build on small lots. They've designed two-bedroom, two-bath homes that can be built on a 3,500-square-foot lot. (The standard lot in Spokane is 50 feet by 120 feet, or 6,000 square feet.) The home itself costs about \$239,000, and buyers will need to add in the cost of a lot, but Sullivan thinks these small homes on small lots will be "the



ADU: Accessory Dwelling Unit

ADUs are separate, additional housing units that accompany an existing primary residence. With various configurations ranging from studio apartments to units with one or more bedrooms, ADUs can create affordable housing, earn rental income for the primary homeowner, and provide an option for extended families to occupy one residential lot. For more information, contact the City of Spokane Middle Housing support team MiddleHousing@spokanecity.org or call 509-625-6500.

— ANNE MCGREGOR

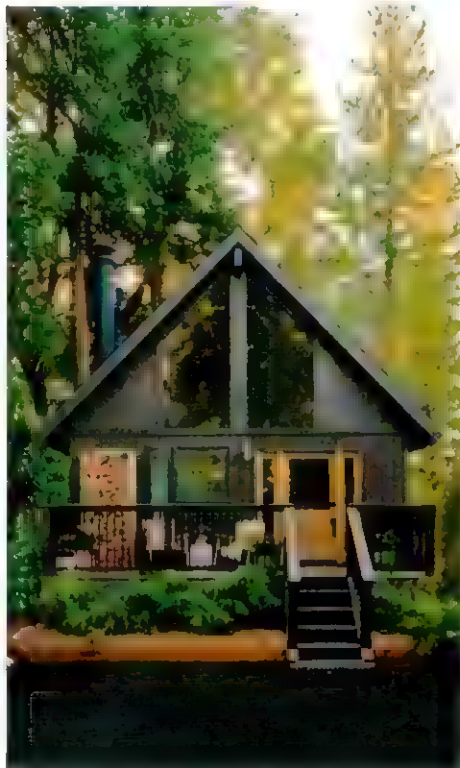
perfect place to start a family or retire to."

They're also designing duplexes. Built as a two-story structure, each level will accommodate a two-bedroom/two-bath unit and check in at just under 1,000 square feet. A standard Spokane lot could accommodate two of these duplexes, essentially creating four homes on a single lot. Sullivan thinks he can keep the cost of the duplex at around \$400,000, not including land, making these suitable for buyers who want to live in one unit and rent the other, or for investors who want to rent out both units.

The Northeast Community Center is partnering with Sullivan to build one of the

duplexes on the back half of a lot the center already owns. "The whole concept was to figure out ways to help others do this in their community," says the center's executive director, David Richardson, noting that it's been a learning process as their original plans for a triplex got quashed by the more stringent regulations for the larger units. The duplex plan, he says, is "phenomenal. They look rich, they look like they're put together. It doesn't look like low-income housing, and we're hoping that will help with some of the 'not in my backyard' mentality that people have as we start looking for density."

— ANNE MCGREGOR



Affordable Housing Solutions...

Speedy Delivery

"The whole idea of, you know *living*, I think changed after COVID as far as what's important, how much square footage you actually need, and the fact that there was — there still is — a huge shortage of affordable housing across the U.S.," says Guy Boudreaux, a "tiny home" builder. His ruminations led him to found Space Elevators, a company that designs and builds panelized, modular homes, ranging in size from 300 to 950 square feet, in a Spokane Valley warehouse.

"They are just as good, if not better, than a stick-built home," he says, noting the homes are built with 2x6 framing. The



A virtual rendering (left) of a planned Space Elevator tiny home that's similar to the Minimalist Manor being constructed under the supervision of Guy Boudreaux (left) and Shawn Kingsbury at a Spokane Valley warehouse. ANNE MCGREGOR PHOTO

whole process from the time a buyer purchases a home until it's delivered onsite can be completed in just weeks, not months.

Boudreaux has big plans for these tiny houses. He hopes to develop three or four warehouses and deliver 30 homes in 2024. "This year represents, I guess what I call the perfect storm for all this stuff... interest rates, the cost of homes soaring, paychecks staying the same, and also the durability and the transportability of these types of homes," he says.

Labor costs are kept down by a unique relationship with a non-profit that supplies manpower in return for job training.

Shawn Kingsbury is the CEO and founder of the Reclaim Project, a non-profit organization that helps men transition from addiction, homelessness and criminal behavior by, among other things, offering occupational development training through partnerships with businesses in the manufacturing, construction and restaurant industries.

Though his crews also work on traditional home construction, Kingsbury says the indoor construction work at Space Elevators is a coveted position. "The three gentlemen who built this are inside of our program," he says, standing next to the

Northwest Museum of Arts and Culture

It happened

HERE

EXPO '74 FIFTY YEARS AFTER

SEE THE EXHIBITION

MAY 4, 2024-JANUARY 26, 2025

Show your own Expo '74 Memories

Minimalist Manor currently under construction. "They're all transitioning away from some adversity... We're getting these guys who are very green — zero skills — training on these units to be able to ultimately get them into the workforce."

After framing, the wiring and plumbing are installed in the walls. The structure is then methodically disassembled, stacked on a flatbed truck and taken to its destination, where everything is reassembled and subcontractors add finishes like drywall and cabinetry.

"In 2024, nobody should be denied a roof over their head. We're too smart."

The Minimalist Manor will retail at just under \$200,000. It checks in at 528 square feet on the main floor, with a 400-square-foot loft. There's a living room, kitchen with an island, bathroom and a bedroom that will accommodate a king-size bed and has a slider to allow access to a deck or even a hot tub. A convertor generator will supply enough electricity to run the house should the power go out, and there will be an EV charging station as well. Interior finishes will be comparable to those in much more expensive homes.

The concept provides an opportunity for building in places previously not workable, including infill lots and steep locations, says Kingsbury. "You can boom-lift these to a place where it's actually very hard to build."

Boudreaux is committed to being part of the solution for providing affordable housing, he says. "I am of the mindset that in 2024, nobody should be denied a roof over their head. We're too smart."

— ANNE MCGREGOR



Join us for our 75th
Anniversary Celebration
Thursday June 27th from 3-6pm

Dedication starts at 4pm

10410 E. 9th Ave. Spokane Valley, WA 509-926-3547 | shfi.com

Health & Rehabilitation

Memory Care

Adult Family Homes

Home Health Care

Behavioral Health

DARE TO BE



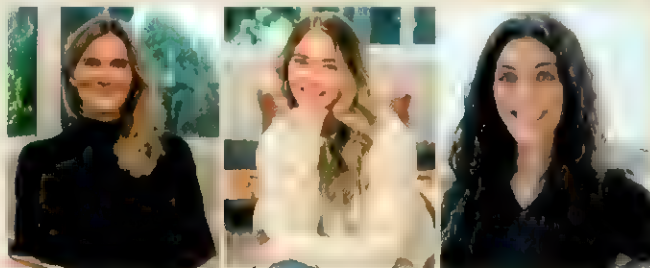
Now offering Medical Weight Loss

Customized program designed for each
client's weight loss goals



Laser Hair Removal

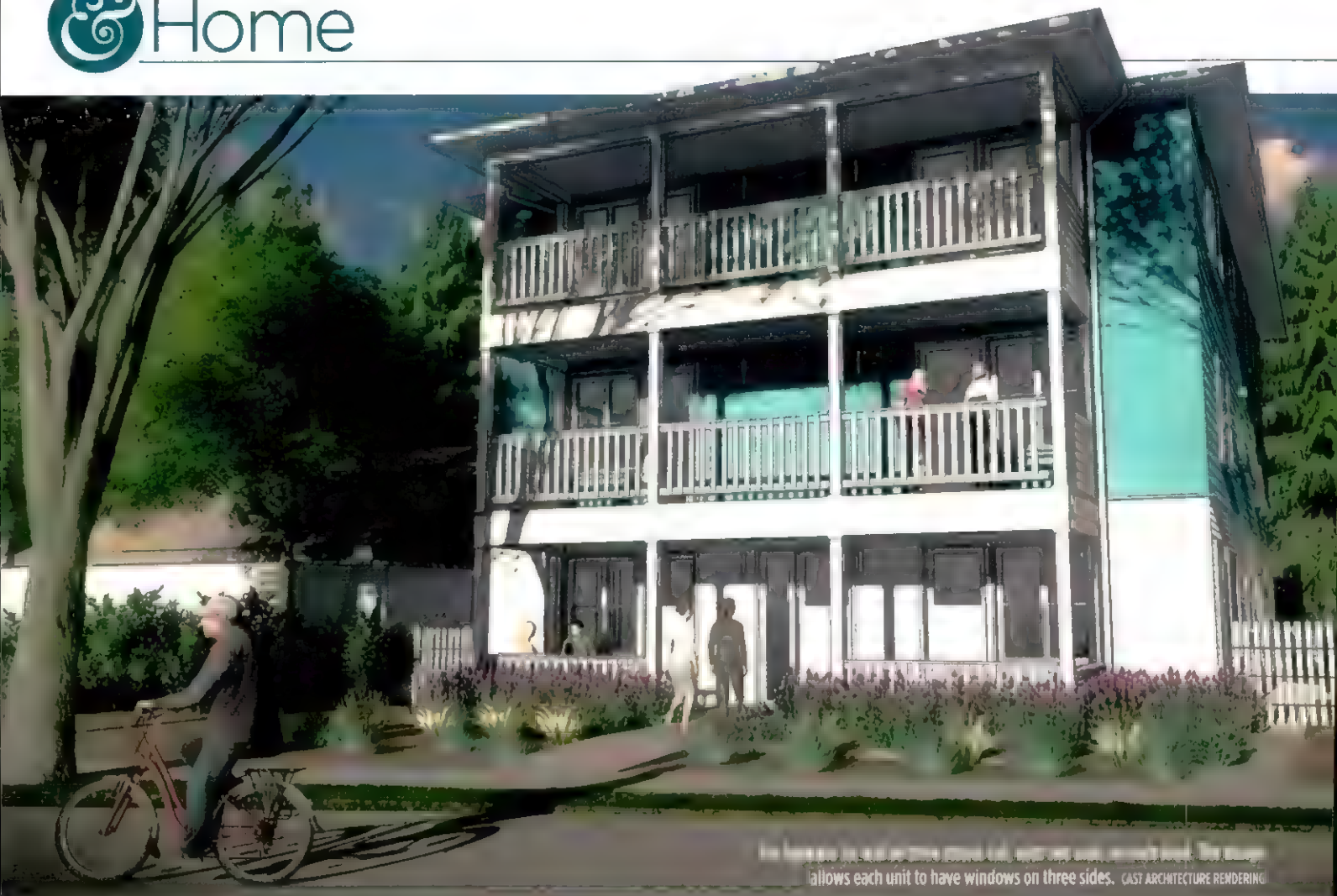
Our Cynosure Vectus laser is the gold standard
for hair removal. Eliminate hair in just a few
sessions, with results that last for years.



BLOOM

AESTHETICS

509.990.3054 | bloombyzelda.com | Follow Us



allows each unit to have windows on three sides. CAST ARCHITECTURE RENDERING



This house on South Grand Boulevard, one block from Manito Park, will be torn down and replaced with six housing units. YOUNG KWAK PHOTO

Affordable Housing Solutions...

Six Pack

In March, the city of Spokane approved plans for a project called the “Spokane Six” — a six-unit apartment building that will be built on a lot currently occupied by a single-family home on South Grand Boulevard, a block from Manito Park on the South Hill.

Matt Hutchins, an architect with the Seattle-based CAST architecture firm that designed the building, describes it as a “traditional, simple box.”

“There’s a traditional vernacular in American residential design that is sort of blocky, big eaves and detailed porches,” Hutchins says. “It feels very much like it could have been built in the ’20s or in the ’40s.”

Sixplex buildings like the Spokane Six are common in Spokane’s historic Browne’s Addition and Cliff/Cannon neighborhoods. But those buildings are almost all close to 100 years old. During the latter half of the 20th century, Spokane and many other American cities passed zoning laws that prevented those housing types from being built in most neighborhoods.

The Spokane Six is only possible because of the sweeping set of zoning changes passed in 2022 and expanded last year that made it legal to build multifamily housing in all parts of Spokane previously restricted to single-family homes.

The Spokane Six is designed to fit on any traditionally sized housing parcel, so once the first one on Grand Boulevard is finished, Hutchins’ firm hopes to build more across the city.



Matt Hutchins, an urban housing advocate and co-founder of Seattle's CAST architecture firm, designed the Spokane Six. CAST ARCHITECTURE PHOTO

"Our goal is to essentially bring back a housing type that we haven't seen a lot in the last 100 years," Hutchins says.

The Spokane Six will be three stories tall, with two units per floor. The units will range between about 990 and 1,000 square feet. Rent for two of the units will be below market rate, due to the project receiving the city's multifamily tax exemption, which gives developers a property tax reduction to incentivize affordable housing.

"Our goal is to essentially bring back a housing type that we haven't seen a lot in the last 100 years."

The sixplex design offers several advantages over larger apartments, Hutchins says. Instead of just one wall being open to the outdoors, the sixplex will have windows on three sides of each unit, allowing every room plentiful views of the outdoors.

"This is just a much more livable scale," Hutchins says.

Each of the six units will have two bedrooms, two bathrooms, a dining room, living room, kitchen, laundry area, and a porch with enough space for a table or seating — essentially an extension of the apartment, Hutchins says.

The other big advantage of the design, Hutchins says, is that the building is still compact enough to allow for a parking space for each unit — and a shared backyard.

— NATE SANFORD



PHOTOS COURTESY OF BROOKLYNN GRAHAM

Natural Start-Ups

A propagation station helps make the plant-rooting process prettier

BY ANNE MCGREGOR

One of the most delightful ways to add to your indoor plant collection is getting a little start from a friend. The plant will always be a nice reminder of the person who gave it to you, though initially a stem with just a few leaves is not exactly beautiful. That awkward stage is just where Spokane's Brooklyn Graham and her plant propagation stations come in.

During the pandemic, Graham got interested in rooting plants. It wasn't pretty. "I didn't have anywhere nice to do it. I was using old jars and things like that," she says. Then she realized she could make something more attractive to hold the plant clippings and watch as they sprouted roots.

"I've always been somebody that just loves to make things, and I've dabbled in more traditional art as well. I enjoy this because you get something that is functional and beautiful at the end."

For the propagation station bases, she creates her own organically shaped molds and fills them with resin. Sometimes flowers are embedded; sometimes she relies on swirling deep blues and greens, ultimately creating a surface reminiscent of polished agates. Attaching a wire frame that holds test tubes or small vases provides a pretty and functional place for plants to grow roots until they're ready to transfer to a pot.

Graham, who sells her wares on Etsy as Bits and Baubles Art, says this sort of crafting is part of her heritage. "I did a lot of it with my mom, and my grandma especially. We'd have lots of craft days or painting days and things like that. It's been a big part of my life."

Brooklyn Graham will be at Fairy Festa on Sat, June 22 and Sun, June 23 at Spokane Gallery and Framing, 409 S. Dishman Mica Rd.



expo'74

50th Celebration

may 4 - july 4, 2024



don't miss
a thing



Health



A PAIN IN THE BRAIN

Migraines can seem inescapable — but believe it or not, there are things that can help

BY MADISON PEARSON

In sixth grade, I had 21 excused absences from school.

I wasn't playing hooky like some of my teachers might've thought. I was suffering from one of the most debilitating conditions a person can have: migraine headaches.

It began with funny shapes and streaks of lights appearing in my field of vision — something I would later find out is called visual aura — and persisted in the form of unbearable, splitting pain in my head.

So no, migraines aren't just "bad headaches." They're incapacitating and, in some cases, life-altering.

My migraines began when I was about 9 years old. I had heard my mother and my grandmother complain of "headaches," and I'd seen what the "headaches" had done to them. Suddenly, I was experiencing those very same things.

Nausea, temporary loss of vision, aversion to light and horrendous pain in


my head and eyes.

Migraine has followed me to my adult life as well. Migraine eats up my sick time and ruins my weekend plans. My migraines have never really let up or gotten worse. I just expect to get at least two to three day-ruining headaches a month.

Sometimes, when I'm in the thick of it, I feel like I'll never be able to emerge from the pitch-black room and the pain will never stop. When my usual cocktail of two Excedrin Migraine and a cup of coffee doesn't do the trick, I turn to ice hats purchased off of Amazon, steaming hot showers to temporarily soothe my pain and writhing around in a dark room until I finally fall asleep. I'm not religious, but sometimes I ask whatever is out there to please, please help me.

Most of the time, sleeping for a few hours does the trick. But sometimes, I can do nothing except wait and hope that by morning the headache dissipates and I can return to my normal life.

continued on next page...



Wade Steeves is known as "The Headache Guy" to patients at his Spokane Valley neurology practice. YOUNG KWAK PHOTO

WADE STEEVES

For those who cannot escape the pain of a migraine or suffer from head pain on the daily and can't manage with over-the-counter medicine, there are people like Dr. Wade Steeves.

Steeves got his start by working at various neurology clinics while in college. He liked it so much that he decided to pursue medicine, specifically neurology. After completing his neurology residency at West Virginia University, Steeves relocated to Spokane Valley and practiced general neurology at MultiCare Rockwood Clinic. In 2019, he opened his own private practice, Valley Neurology.

Steeves is technically a general neurologist, but his patients call him "The Headache Guy" due to his specialization in face and head pain.

PAIN DRAIN

Migraine is extremely complicated. Everyone feels different symptoms when they experience migraine. It's a complex disease, but Steeves explains it well.

"Curiously," he says, "you don't have pain receptors in your brain. But the coverings of the brain, the meningeal layers, are loaded with pain receptors. Loads and loads, all over the place. There are loads of nerve endings called C-fibers [that] contain naturally oc-

curing inflammatory molecules that are ready to go at a moment's notice in case you get an infection in that area."

As Steeves explained, migraine is an inflammatory disease. That's why over-the-counter medication like ibuprofen and other anti-inflammatories can relieve mild headaches and take the edge off migraine headaches.

"People who have migraine headaches have C-fibers that are a little too leaky," Steeves says. "And so even when there's no infection going on, you get this inflammatory response. It's almost like a mild case of meningitis but without the infection."

To be considered a chronic migraine sufferer you generally have to experience 15 or more headache days a month. Steeves says if you have one or more a week, you should seek out treatment to improve your quality of life.

Steeves mentions that if someone in your family has migraine headaches, then you're more likely to experience them in your lifetime.

"They're hereditary," he says. "It's not just one or two genes that code for migraine, it's like 30-plus different genes. About 18% of the population has the right genetic foundation to be prone to having a migraine at least once or twice in their lives, and anywhere from 5-10% of those people will be chronic."

continued on page 30...



Helping home dreamers become homeowners.

BECU is made by (and for) members from right here in the PNW. So we understand the area like only a neighbor can. From flexible financing on the loan option that's right for you to down payment assistance up to \$8,000 for first-time homebuyers* — wherever your homeownership dreams take you, you'll always have a helping hand.

Power in People.

becu.org/mortgage



Boeing Employees' Credit Union NMLS ID 490518. Membership Required. Restrictions Apply

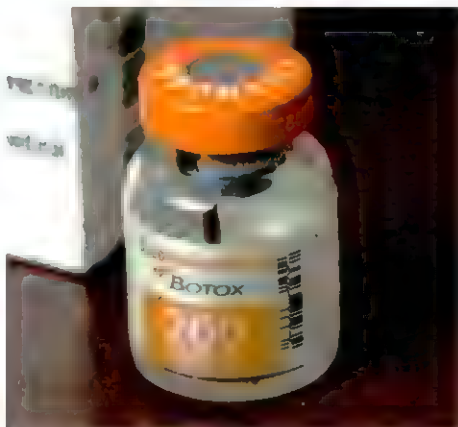
*Buyers must meet all the first-time homebuyer grant program criteria, including loan and property qualifications, all of which are not listed here. BECU reserves the right to alter or change criteria



A NOT-FOR-PROFIT CREDIT UNION



Any perceived benefit from a daith piercing of the ear cartilage is a placebo effect



There are a variety of injectable medications, including Botox, that have been validated for migraine prevention. YOUNG KWAK PHOTOS

A PAIN IN THE BRAIN

MIGRAINE MYTH BUSTING

If you're like me, you've tried just about everything to make your migraines go away.

I've done some pretty ridiculous things, and I've tried a lot of gimmicky products in search of relief.

I've gone as far as installing a green lightbulb in my room after reading a Harvard study claiming that exposure to green light can reduce headache severity in migraine sufferers. These lightbulbs go for anywhere from \$15-\$30 on Amazon and claim to emit certain wavelengths of light that "ease photophobia and provide relief."

As for the rising popularity of green light therapy in treating migraines, Steeves hasn't seen a study about it that has impressed him yet.

Steeves says while it might seem like these random things can help migraines, patients are most likely experiencing a placebo effect.

"The effects of placebo can last two to three months believe it or not," he says. "The human brain is extremely powerful. It can make you feel things that aren't real. It can cause psychological changes just by the power of belief."

A popular belief is that daith piercings, which pass through the ear's innermost cartilage fold, can reduce the amount of headaches migraine sufferers experience.

"That's pure placebo in my opinion," Steeves says. "Same with acupuncture. I tell my patients who want to do that to make sure the piercing looks cool because, in three months, they'll be back in my office asking me for a different medication."

"I have some patients who seemingly find great success with piercings and acupuncture," he says. "Like they won't have a headache for two years. But, I view that as coincidence — their migraines probably went into remission."

MAKE IT STOP!

Steeves doesn't wish migraines upon his worst enemy, but he says that there's never been a better time in history to have a migraine.

"It's an exciting time because in 2018 there was a new generation of migraine prevention meds that have been absolute game changers," Steeves says. "These meds are targeted therapy that pinpoint and stops that one inflammatory molecule. And, as it turns out, in about 80% of migraine patients, that's all you need. It's a great time to be a migraine provider because we have stuff that really works and works with way lower side effects than what we used previously."

These are medications like Aimovig, Ajovy and Emgality that are usually self-administered via subcutaneous injections.

"Those are the big three migraine medications that have been raging successes," he says. "They work preventatively. So many patients have seen improved quality of life."

Steeves focuses mostly on preventative care in his practice as patients who are referred to him have usually gone through other basic treatments with their primary care physicians. He says he never wants to see one of his patients suffering with a migraine so bad that they end up in the ER.

He takes a somewhat holistic approach to his patient's day-to-day preventative care, suggesting supplements like butterbur, magnesium, vitamin B and riboflavin to build up a barrier along with their preventative meds.

FORTUNATELY, A MIGRAINE IS ONE OF THE FEW THINGS IN NEUROLOGY THAT WE CAN ACTUALLY TREAT

These supplements can also be used alone as preventative care.

"If your migraines are mild, maybe three or four attacks per month, and you start butterbur and they get better," he says. "Then you can just use Excedrin or ibuprofen when they come on. That's great, nothing wrong with that."

The best treatment option for chronic migraine, in Steeves' opinion, is Botox.

"Believe it or not," he says. "Botox got approved for chronic migraine in 2010. I've been using it since it got FDA approved, and it's the bomb. In some patients, it takes awhile to work, so I ask them to hang in there until they start to see improvement."

Instead of just blocking the CGRP molecule like the injectable medications, Botox tightens up the aforementioned "leaky" pathways and stops the molecule from passing through at all.

So, when do you know it's time to see a neurologist?

"Hopefully never," Steeves says. "But, fortunately, a migraine is one of the few things in neurology that we can actually treat and get people feeling quite a bit better."

Even when your migraines seem to be taking over your life, there are more migraine treatments now than there ever have been before. Don't lose hope. ☺

WE BELIEVE IN THE MAGIC OF NEW BEGINNINGS



Enrolling New Patients - Birth to 21 Years Old
Complimentary Prenatal Meet & Greet



Jean Kellerman, MD

Kim Rusloff, ARNP

Kathie Mellon, ARNP

Lara Straufer, PhD (Psychologist)



CENTENNIAL
PEDIATRICS

3010 S. Southeast Blvd, Ste A, Spokane, WA
509-352-3777 • centennialpedspokane.com

Midwife-led care in Spokane

- Prenatal care
- Hospital-based births
- Postpartum care
- Gynecology services
- Contraception



Quilted
HEALTH



Our office is located at 906 S. Conley St in Spokane
We also deliver at Providence Sacred Heart

Midwife

Midwife-led care and
hospital-based births



The Scent of Truth

What's behind
all those body
deodorizing
options

BY CARRIE SHRIVER

Sweat and body odor. Everyone has it. Nobody wants it, so we go to great lengths to eliminate or at least disguise our natural scent.

It isn't our sweat, *per se*, that smells. "It's skin bacteria," says Dr. Kevin Johnson of Advanced Aesthetics in Coeur d'Alene. "Sweating gives the bacteria, sometimes

even yeast, the chance to grow a little more."

Sounds icky, but "it's completely normal to have bacteria," he notes.

Before the 1880s, people used a variety of products, including perfume, baking soda and cologne, to hide their odoriferous microbiomes.

Mum (meaning shh! don't talk about it) was the first commercial deodorant in 1888. It came in a jar, and you applied it, discreetly, using your fingertips.

Aluminum entered the deodorant scene in 1903, plugging up pores to minimize sweating. Since then, antiperspirants have developed a bad, and so far, undeserved rep for causing things like breast cancer and Alzheimer's disease. According to

the National Institutes of Health, no data currently supports this rumor.

"There's definitely controversy, whether the aluminum causes any health concerns," says Johnson. "I think if [antiperspirants were] a significant health concern, they would have been banned a long time ago."

I tested some popular options of the numerous ways to hide or eliminate your natural odor, and here's what I learned.

Roll-On

In the 1940s the roll-on applicator was based on the nifty, new ballpoint pen. Its popularity has peaked, and current choices are limited.

I tried Mitchum Powder Fresh, an antiperspirant deodorant, and the scent was pleasant. It contains aluminum, so it keeps you sweat free. Until it dries though, Mitchum feels slightly sticky, like you used glue as a trial for hair removal. It can leave a buildup on your clothes if you dress before the deodorant is completely dry. So, on laundry day plan on working harder to get your shirt clean.

Natural Deodorant

Deodorants don't contain aluminum. However, using them plunges you back into the 19th century odor-hiding arena because they generally rely on baking soda and fragrances.

While no national regulatory definition

of "natural" exists, many deodorants are marketed as such, like Arm & Hammer's Essentials line, which is free of aluminum, parabens and phthalates.

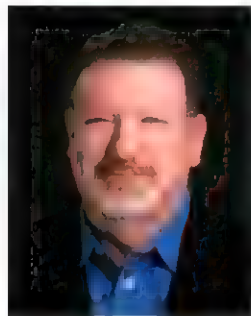
The wonderful rosemary and lavender scent reminded me of summer and baking potatoes. (I don't mind smelling like food, but if you do, there are other scents available.) Since it's aluminum-free, you will sweat. I found myself reapplying it several times a day to maintain a fresh feel.

Aerosol Spray

In 1977, the U.S. Food and Drug Administration banned ingredients used in aerosols because of safety concerns over long-term inhalation. Also during the '70s, the U.S. Environmental Protection Agency reduced the use of chlorofluorocarbon (CFC) propellants that were contributing to depletion of the ozone layer.

Since then, aerosol deodorants and antiperspirants have made a comeback, using propellants like hydrocarbons and compressed air. While these ingredients don't deplete the ozone layer, they do contribute to global warming. Aerosols also emit volatile organic compounds (VOCs), which add to ground-level ozone levels, mixing into the air we breathe every day.

Nonetheless, aerosols are a popular choice. I tried out Dove's antiperspirant deodorant spray in the Cool Essentials scent. It worked as advertised, keeping me dry



Dermatologist Kevin Johnson offers medical treatments for excessive sweating.
FRANKLIN PHOTOGRAPHY PHOTO

and not feeling like I needed a reapplication, but I didn't like the vapor cloud hanging in the air after using it. The product warns against breathing it in, which is a common warning on other aerosol products like hairspray, but something I found close to impossible to do.

Whole Body Deodorant

What if it's not just your underarms emanating a scent you find less than pleasing? Different brands, including Lumē, Secret and Dove, are hopping on the whole-body deodorant bandwagon.

Are these worth considering? "If there's a need for it, and it's a problem for people," says Johnson, "I think it would work well."

Lumē isn't greasy on your fingertips and comes in a variety of scents. The Clean Tangerine option smells like oranges mixed with apple cider spices and I enjoyed it.

The deodorant works well on the first day, though it falls short of the promised 72 hours of odor control. And the price — coming in at around \$15 — is liable to make you break out in a cold sweat. Some reviewers found that Lumē didn't mix well with their personal microbes and created an unpleasant smell, so you might want to start with the \$4

trial size. Also, Lumē contains an ingredient that makes you more likely to sunburn, so watch out when you're sunbathing.

72Hr!



Excessive sweating can be a difficult and embarrassing problem. "There are people who have what's called hyperhidrosis that sweat to the point where they are changing their clothes a couple of times a day. It can be very socially limiting for them," says Johnson.

For these situations, physicians can offer assistance, including medications, laser treatments and injections.

"Subcutaneous laser treatment," says Johnson, "would potentially limit the amount of excretion. What we found works best and longer, and it's less invasive [is] Dysport or Botox injected in the skin in the underarm area. It blocks the nerve impulse that creates the sweating. It can significantly limit sweating for about seven months."

So, here in the midst of the 21st century, whether you're looking for odor prevention that lasts a few hours or months at a time, it's comforting to know that there are, at last, plenty of options. ☺

OUR COMMUNITY'S LONGSTANDING NONPROFIT HOSPICE, SERVING PATIENTS AND THEIR FAMILIES SINCE 1977.

Hospice of Spokane offers care and support to patients with terminal illness and their loved ones. Through in-home skilled nursing care, home health aides for personal care, grief and bereavement counseling services, you and your loved one will be assured of the best possible quality of life to the end of life.



DIGNITY. RESPECT. COMPASSION.

509.456.0438 | hospiceofspokane.org



SUPERFOOD

Magic of Magnesium

It's worth making sure you get enough of this important mineral

BY STACEY AGGARWAL

A New Chapter of Your Mental Health Journey

- MEDICATION-FREE relief from depressions and anxiety
- Safe, most effective TMS, with long lasting results
- Highly trained staff
- NeuroStar is now the only TMS treatment approved for teens!

Our service is FDA-cleared and covered by insurance

New Chapter TMS
Dr. Kira Lietjen PMHNP
A New Chapter of Your
Mental Health Journey

NeuroStar

Visit neurostar.com for full safety
and prescribing information

START YOUR NEW
CHAPTER HERE



140 S Arthur St, Ste 506 Spokane, WA
newchaptertms.org
509.934.0245

Magnesium is a mineral vital to many aspects of overall health. True magnesium deficiency is rare; however, the National Institutes of Health report roughly half of Americans consume less than the estimated optimal required amount of magnesium. Since the majority of magnesium in the body is stored in the bones and soft tissue, rather than in blood, blood tests for magnesium are considered unreliable. Instead, it's best to focus on consuming foods high in magnesium or relying on supplements to ensure you are getting what you need.

Multi-Use Mineral

Magnesium has so many roles in the body that many magnesium-centric supplements and products exist for a wide variety of uses. Magnesium supplements are given as a compound, meaning the elemental magnesium is conjugated to another molecule to make final products such as magnesium oxide, chloride, sulfate, citrate, or bisglycinate. Used as a laxative, magnesium is a common choice, as found in Philip's Milk of Magnesia (as magnesium hydroxide). Similarly, magnesium hydroxide is a common ingredient found in some antacids (such as Rolaids). In addition to use as a targeted medicine, supplementation with magnesium is said to help with sleep, mood balancing, bone health, and muscle cramps.

Dietary Sources

Luckily, meeting your daily requirement of magnesium is fairly easy with a healthy, varied diet. Nuts and seeds such as pumpkin, chia, almonds, and cashews are some of the best sources of magnesium by weight. Additionally, foods like greens, beans, and whole grains are also great whole food sources of magnesium.

If upping your magnesium intake is important to you, set up an overnight chia pudding and mix in a spoonful of peanut or almond butter for an easy, magnesium-rich breakfast. Bonus points for adding a tablespoon of cocoa powder, which also is also a fantastic source of magnesium! ☺

Stacey Aggarwal received a Ph.D. in pharmacology from the University of Washington and writes about biology, health and nutrition from her lavender farm in North Idaho.

"SIMPLY MAGICAL!"

LA DAILY NEWS

"A BRILLIANT SPECTACLE!"

VARIETY



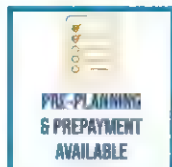
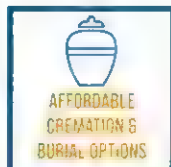
JULY 24 - AUGUST 4

FIRST INTERSTATE CENTER FOR THE ARTS

TWO WEEKS ONLY!

BroodwaySpokane.com

STC's BEST of BROADWAY
BY WESTCOAST ENTERTAINMENT



4305 N DIVISION ST / WWW.RIPLINGERFUNERALHOME.COM

PETS

No Strings Attached

Who loves you, just the way you are?

BY ROBERT SLACK

Over the years of my veterinary career, I've had the wonderful opportunity to listen to people talk about their attachment to pets and hear their stories about the human-animal bond.

There were many different reasons or ways folks described that closeness to their pet, and it made me wonder: What is the glue that binds humans and pets together?

After giving it a great deal of thought I came to one sure conclusion: It's truly a great mystery. Something that still escapes the curious minds of humans to fully grasp. Yet, I do believe all these different stories hold something in common — acceptance. Not the kind of acceptance we humans have with each other; rather, it's an acceptance unique to the bond pets have with us — unconditional acceptance.

Humans have conditional acceptance. We need conditions. At home, children are raised with conditions called boundaries. At school, boundaries are called rules, while in the workplace and the rest of the world, we have "codes of conduct." When conditions are broken, they have consequences. We humans spend a great deal of time struggling over all the conditions we must meet to be accepted, to escape the consequences.

I believe pets give us a great gift of freedom rooted in unconditional acceptance. When we are with them, we are unburdened from our busy world of conditions. This is especially felt by those going through teenage years. Pets don't care how you smell or what clothes you wear. They don't mind if you stutter or walk with a limp. You don't have to be a cheerleader,

belong to a popular clique or make the team to earn their acceptance. They don't care if you need a little help with your studies or if you easily make the honor roll. They accept you just the way you are.

Sometimes being greeted by a pet's "happy dance" — their unique way of expressing total acceptance — is just what a

*When we are with them,
we are unburdened from our
busy world of conditions.*

kid needs when coming home from a hard day at school. All pets really need from us is to be fed, to be provided a warm place to sleep and, yes, an occasional walk in the park. That's all they require. And in return, we earn their unconditional acceptance. ●

Robert Slack, a retired veterinarian living in Spokane, is the author of *Tails: Curious Stories of the Human-Animal Bond*.



**MY HEALTH.
MY PRIORITY.**

Living a Healthy, Happy Life is Built on a Foundation of Good Habits. Fresh, Healthy Food, Plenty of Sleep, Regular Exercise, and Getting a Breast Cancer Risk Assessment by Age 25 and Annual Screening Mammograms Starting at 40.

Most women will never experience breast cancer. But for the one in eight who will, early detection can be the difference between life and death. Understanding your risk factors and receiving an annual screening mammogram are so important. Early detection means you have more options and it's easier to treat and cure.

If you're a woman over 40, you can schedule your annual exam yourself. It's easy. **Just call us at (509) 455.4455.** It's 100% covered by most insurance plans, and if you don't have coverage, we can help with that too. So don't put it off. Call to schedule your screening exam today.

EARLY DETECTION SAVES LIVES.



Independent Living

Assisted Living • Memory Care

Watch our guided video tour at
www.fairwoodretirement.com

call 509.467.2365
for tours and pricing

ENJOY YOUR RETIREMENT!



312 W. Hastings Road • Spokane, Washington 99218



ODYSSEY STAFF PHOTOS

STORIES BY SUMMER SANDSTROM

For over 30 years, Odyssey Youth Movement has provided support for LGBTQ+ youth in the Inland Northwest.

Odyssey Youth Movement serves teens and young adults ages 13 to 24, offering a variety of community education opportunities, resources and access to their drop-in center in the Perry District.

The center is open Monday, Wednesday

and Friday from 3 to 8 pm for teens and on Thursday from 5 to 9 pm for young adults. There,

ODYSSEY YOUTH MOVEMENT

1121 S. Perry St.
odysseyyouth.org

participants have access to meals and snacks, activities including arts and crafts, games, as well as various programs and events discussing topics like

LGBTQ+ history, job readiness and more.

Additionally, Odyssey also partners frequently with other organizations to provide extra resources for LGBTQ+ youth.

"We work hard to bring in those external partners that can be kind of an even deeper or more involved resource," says Executive Director Ian Sullivan. "Recently, for example, we've had our friends from Planned Parenthood come in to talk about

civic engagement and sexual health, and folks at the YWCA talking about Teen Dating Violence Awareness Month.”

Youths can also access Odyssey’s gender-affirming clothing closet at the center, which has items like chest compression binders, removing a cost barrier for individuals and providing them with the chance to learn how to bind safely.

Sullivan says overall, Odyssey Youth Movement aims to create a safe and affirming space for LGBTQ+ youth within the organization and beyond.

“Ideally every resource in this community, every youth serving organization across the Spokane or in the Northwest region, would be safe and affirming for all of our young folks,” he says. “Our end goal is that we are able to refer out and connect folks with all of those resources and know that they will be seen for who they are and will feel safe walking in that doorway.”

If someone can’t access the drop-in center, Odyssey also offers virtual and online options for youth.

“We have some digital presence as well on some Discord servers, we’ve got resources that we can send out via phone and via email,” says Sullivan. “If you, your family or a young person want to connect, we are happy to connect virtually as well.”

Odyssey Youth Movement has a volunteer application and a donate page on their website odysseyyouth.org, as well as a list of items like snacks and art supplies that can be donated to the center.

Additionally, the organization will be at Spokane Pride on June 8 with a teen zone and variety of activities, and on June 29 they’re holding Pride in Perry.

“We want to make sure that all parts of our city and our community can celebrate in lots of different ways,” says Sullivan. ☺

MORE TO CHECK OUT



▲SECOND CHANCE RANCH

secondchanceranch.org

Animals can be calming and comforting to many, and at Second Chance Ranch, they have horses and mental health professionals on site to help people navigate life through Equine-Assisted Psychotherapy and Learning (EAPL). Second Chance Ranch’s horses are retired sports horses that are trained to work with people, and while clients don’t ride them for EAPL, interacting with the animals can help increase clients’ confidence, reduce anxiety and help cultivate various coping skills. The organization has a donate page on their website secondchanceranch.org, and they have a list of items that can be directly donated to them. Additionally, anyone 18 or older with horse and farm maintenance experience can sign up to volunteer with Second Chance Ranch and their herd.



PEER SPOKANE

425 W. First Ave.

Providing services and support to those struggling with addiction or mental health, Peer Spokane prioritizes creating an accessible environment for everyone. “We are a harm reduction site, so we accept people wherever they’re at in their recovery,” Program Director Julie Hinkemeyer says. All of Peer Spokane’s services are free, and they offer a number of services for things like housing, employment and State Opioid Response. Peer Spokane has support groups for a variety of needs, and each of their staff have lived experiences with addiction and mental health. Last year,

Peer Spokane began offering services at the Central Library in addition to those offered at their main location. *More information about Peer Spokane can be found at peerspokane.org.*

THE CODE GREEN CAMPAIGN

13221 E. 32nd Ave.

It’s no secret that first responders have a very stressful job — that’s why the Code Green Campaign formed in 2014 to provide mental health advocacy and education made specifically for first responders. The organization’s name comes from combining the mental health awareness color green with code alerts, which are called by first responders if someone is having something like a stroke or life-threatening emergency. The organization aims to bring awareness to mental health issues experienced by many first responders, providing classes and consulting services to help reduce stigmas around mental health. *To donate or find out more information about the Code Green Campaign, visit codegreencampaign.org.*



Lifestyle

A morning sprinkler shower keeps Duncan
Garden's flowering plants well-hydrated
throughout the summer. ROB MILLER PHOTO



DESIGNING DUNCAN

Manito Park's Duncan Garden requires
a year of planning and more than
30,000 flowers to complete

BY COLTON RASANEN

Mattie Whitney has been working with plants in Spokane for more than two decades now. While she started as a seasonal taxonomist at Manito Park, her close work with other gardeners sparked a greater joy in the botanical beauties she was originally tasked with identifying.

She persisted in that joy for years by working with the Spokane Parks & Recreation Department to plant pollinator gardens at parks around the city with a focus on native species.

"Those plants are a way for me to give back to my community," she says. "I'm helping to restore nature within our urban environment so it's like my little piece of giving back."

But three years ago, Whitney had the opportunity to become a lead gardener at the same park she started at right after college.

With the new position came a whole heap of new responsibilities and challenges, but the biggest challenge by far was being tasked with designing Duncan Garden in 2023 — Manito Park's take on a traditional European Renaissance-style garden.

Historically these gardens were viewed by rich folks standing on their balconies to look down at their garden's gorgeous geometric designs.

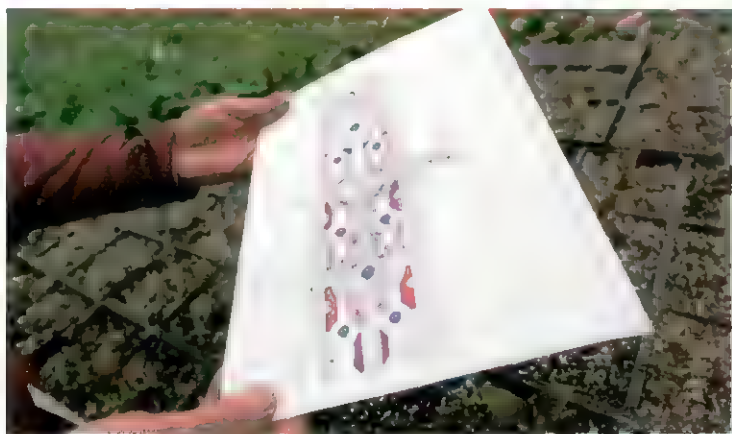
But Duncan Garden is public, so Whitney needs to focus on how it looks from both afar and up close. That means maintaining a clean garden design while paying attention to the slight nuances of each flower. Some may be fragrant while others have a texture that's only noticeable when seen closely.

"It was different for me because I am a nature-centric person," she laughs. "So for me, I had to think of [Duncan Garden's design] as more like a color theory."

For her first whack at it, she chose to go with a vivid design full of bright colors. Brilliant oranges and yellows were surrounded by lush landscaping as pops of purple, white and red were dispersed evenly throughout the layout.

Whitney was also responsible for designing Duncan Garden in 2024, so she only had a bit of time to appreciate the blooms of her labor before shifting her focus to what might be going in the same soil a year later.

...continued on next page



The 2024 layout for Duncan Garden features an “analogous palette,” with blooms in purple, magenta and blue hues. YOUNG KWAK PHOTO

DESIGNING DUNCAN...

Designing Duncan Garden is a massive undertaking. From planning to planting, it takes Whitney the better part of a year to complete her verdant vision.

Planning usually begins in the summer, but technically doesn't need to be finalized until November — about six months before planting is scheduled to begin.

In this process, Whitney needs to determine how she wants the garden to look. Since she went for a colorful design last year, she decided to challenge herself with an analogous design for 2024. The flowers will be organized in a gradient from red-violet to violet to violet-blue, with pops of whites and grays dispersed throughout.

But color isn't the only consideration.

“When you're thinking about the design, you're thinking about height and the spacing,” she says. “So you don't want short stuff in the middle of the bed and tall stuff on the outside. You're also thinking about how wide it's going to grow.”

With 63 different flower beds in the garden to fill, she needs to account for each one's individual quirks. For example, some beds are in the shade more often, so she can't plant anything that might have its growth hindered by a lack of sun.

“Each bed is a little bit different, so you have to think about all of that,” she says.

Each species is also a little bit different, so choosing which ones to use can be complicated. Some may grow faster than others, require more root room or bloom less frequently, so Whitney has to take all that into account when deciding what she's going to order.

This year's design actually made it easier for Whitney to plan. By shrinking the color palette, she preemptively narrowed down the plants that are even available.

...continued on page 44

PLANNING LIKE A GARDEN DESIGNER

- Consider both the mature plant's height and width when planning a flower bed. You don't want to end up with short plants in the middle of a flower bed or plants that are too tightly spaced to thrive.
- Group plants with similar sun, shade, and water needs. Monitor plants to see if they're healthy and consider moving a plant that's struggling in its current location.



The symmetrical Duncan Garden has not changed much since it was designed and built in 1912 by Manito Park superintendent John Duncan. The garden was originally created to fill in a three-acre sunken area that remained after more than 42,000 wagon loads of dirt were hauled away for use in the city's other parks. ROB MILLER 2023 DRONE PHOTO

FIGHTING PARKINSON'S DISEASE? ASK ABOUT PAID PD STUDIES

Parkinson's Disease (PD) causes a breakdown of motor function over time, causing a loss of coordination, tremors, shakes, rigidity, loss of balance, slow movements, involuntary twisting or turning movements and more. If this sounds like you, get in touch with us to find out more about our paid clinical trials for medications, devices, and diagnostic tests intended to help prevent or slow the progression of PD. Health insurance is not required to join.

Lundbeck



SCAN FOR MORE INFO



Setting the Standard in Retirement Living

Where It's Your Life... It's Your Home!



(509) 928-2222 ♦ 222 S Evergreen Rd. ♦ Spokane Valley, WA ♦ www.orchardcrestretirement.com



Horticulturalist and gardener for the city of Spokane Mattie Whitney orders up more than 30,000 plants to complete Duncan Garden's 63 flower beds. YOUNG KWAK PHOTO

DESIGNING DUNCAN...

"The design has an average of just over 31,000 plants in it," Whitney says. "So having to order those and get the right colors and the right sizes takes a lot of pre-planning so that we can get them in at the right time."

In an average year, the order will start arriving at the beginning of March and flow in steadily over the next six weeks. Some seedlings are about the size of a pinky finger when they arrive, while others are about as big as a fist.

Everything is then organized and stored in a few spacious greenhouses until they're ready to be put in the ground.

"Some plants like their roots to be tight, some want more room, some want their soils to be wet all the time, some want more light, some want less light," she explains. "And so depending on their needs, they go to a different growing house."

"They have got to be successful in the greenhouse before they're successful outside," Whitney adds.

Planting finally begins in May, and that takes more organization and planning on Whitney's part. If the flowers are incorrectly spaced or placed in the wrong plot, they have to be dug up and replanted correctly. It generally takes an entire week before the garden is completed.

Once completed, the garden is shown until the first frost of the year, which usually occurs around October or November, thus starting another cycle of a yearlong passion project. 🍷



Duncan Garden has been enjoyed by generations of visitors to Manito Park.

SPokane Public Library Northwest Room Photo

5 NATIVE SPECIES TO PLANT

Every home gardener wants to show off, and according to veteran horticulturist and gardener for the city of Spokane Mattie Whitney, the best way to do that is by filling your garden with plants that are native to the region.

On top of already being adapted to the local conditions, many native plants require less work than other non-native plants. That means they don't need fertilizers or pesticides, and they require less water once established. These plants also promote biodiversity in the Inland Northwest by providing food and shelter for local insects, birds and small mammals, Whitney says.

So whether you plan on adding some native accents to your garden or just want to start the whole thing over with the local environment in mind, Whitney's got some ideas. (COLTON RASANEN)



Monarda fistulosa

Wild bergamot requires very little maintenance and is easy to grow for beginners and pros alike.

Amelanchier Alnifolia

The saskatoon serviceberry, sometimes known as the shrub serviceberry, is native to the region and grows safe-to-eat berries that are similar to blueberries.



Camassia Quamash

These native camas flowers are synonymous with the spring's subtle beauty, and they can be found in almost any bulb catalog.

Helianthus Annuus

The common sunflower is native to western North America and can add an easy pop of color to any garden.



Agastache foeniculum

Anise hyssop plants are a perennial native to the region that produce spiky blue or lavender blooms.

Helping your used goods find new lives while helping people find their livelihoods.

SHOP SECONDHAND 7 DAYS A WEEK
815 E THIRST AVE
SPOKANE, WA 99202

Reserve Your Party Space Today! Arcades at BOTH locations!

BEST PIZZA

BEST OF SPOKANE, WA 2024

BEST OF SPOKANE, WA 2023

• PIZZERIA • HILLYARD • VALLEY

"Come eat at Marketstreet"

2721 N Market St (509) 822-7874

11420 E Sprague Ave (509) 413-2542

Stop By!
We'd love to see you!

Bedding Plants
Veggie Starts
Flower Baskets
Kitchen Herbs

13910 S. Short Rd. Cheney
20 MINUTES FROM DOWNTOWN SPOKANE

(509) 359-0064
TrellisAndTable.com



E-bikes make it easier for riders of all ages and abilities to get out and enjoy cycling.

Easy Riding

How an electric boost might change the way you think about hopping on a bike

BY HANNAN MUMM

Greg Britton fell in love with the sport of cycling decades ago. "It's great for mental health, it involves connecting with nature, it's a very humanity-oriented thing." His love of this mode of transportation/form of recreation is backed up by his vocation: he's the general manager of Spokane's Wheel Sport Bicy-



The Specialized Turbo Como SL 5.0 is a Class 3 e-bike with a maximum assisted speed of 28 mph. SPECIALIZED PHOTO

Grading E-Bikes

Class 1

Rider must pedal and maximum assisted speed is 20 miles per hour

Class 2

Rider doesn't have to pedal and speed is capped at 20 miles per hour using the motor

Class 3

Rider must pedal and maximum assisted speed is 28 miles per hour



cles. And with the rising popularity of e-bikes, Britton says this is a perfect opportunity for even more people to connect with the sport. Because e-biking really does widen accessibility to “a whole new world” of longer-distance rides, exploring new terrain and evening out the playing field, so to speak, when riding with people you may not usually be compatible with.

Mark Neupert, Wheel Sport's owner, says that e-bikes opened up the world of mountain biking to his 70-year-old father. Now, his dad is able to explore places he wouldn't have been able to before and he can ride with his son.

“It's a bonding experience for us,” he says. Neupert adds that e-bikes are typically excellent options when aging brings new health challenges such as hip or knee replacements and other annoying

...continued on next page

It's great for mental health, it involves connecting with nature, it's a very humanity-oriented thing.



Easy Riding...

degenerative changes. But they're also just generally a great training tool for anyone, especially if you're looking for an activity that keeps your heart rate up.

So what, exactly, is an e-bike, and how do you go about choosing one? First, you've got to know about the 1-2-3 class system. "It's a national system that companies who sell e-bikes are required to designate," Britton explains.

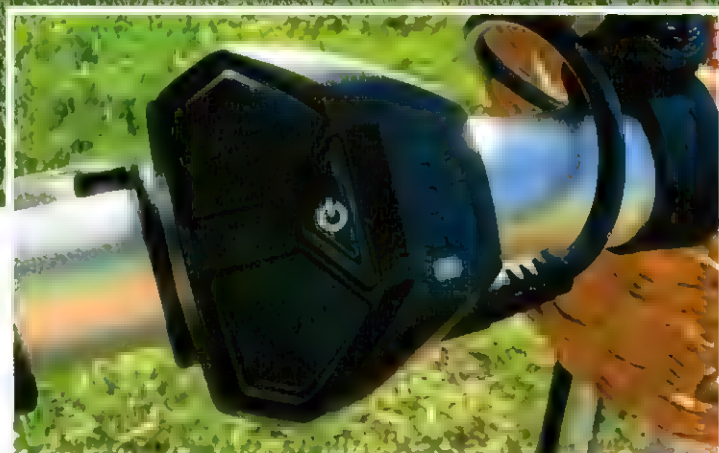
A Class 1 e-bike offers pedal-assist, meaning the motor will kick only when you are pedaling, and even then, only if you activate the assist. The assist turns off after the biker reaches 20 mph. It's the class that has the most in common with an "acoustic" bike.

Class 2, on the other hand, allows riders to use a throttle to engage the motor — no pedaling required — though these bikes are also limited to 20 mph. Class 2 bikes are a great option for those who may want to tackle bigger hills or longer distances.

Last and certainly not least, Class 3 bikes provide pedal-assist just like Class 1 bikes, but Class 3 bikes can reach a higher speed of 28 mph before the assist turns off. These bikes also have speedometers.

E-bikes can be intimidating for someone who isn't already a confident cyclist, but Britton says it really isn't anything foreign. "You control the bike," he says, "the bike doesn't control you." Plus, he's never seen a test drive where the rider didn't come back smiling ear to ear.

Still, misconception can be a factor that prevents customers



For casual city rides, this cruiser e-bike (above) offers a power adjuster on the left handlebar that supplements the seven gears accessed on the right handlebar. ANNE MCGREGOR PHOTOS



The Centennial Trail YOUNG KWAK PHOTO

Traffic-Free Rides

It's not hard to ride an e-bike, but it can be more fun without cars and trucks whizzing by. Before heading out to a trail, check to see if you'll need a parking pass and make sure the class of e-bike you're riding is permitted.

Children of the Sun Trail

This paved trail stretches for just over 7 miles from the Little Spokane River to Hillyard, parallel to the North Spokane Corridor project.

Centennial Trail

Though the portion of this well-loved trail from milepost 0 to 14 — that's from the Idaho stateline west to the Donkey Island trailhead in Millwood — will be closed this summer, there are still 25 miles of trail in Washington state to explore. Another 24 miles of trail extend east from the Washington/Idaho state line all the way to Coeur d'Alene.

Trail of the Coeur d'Alenes

With 73 miles of smooth asphalt, this rails-to-trails route also benefits from a gentle grade as it spans almost the entire width of the Idaho panhandle. Find more information about exploring popular sections of the trail at friendsofcdatrails.org.

— ANNE MCGREGOR

from buying and loving e-bikes. "There are a lot of seasoned riders who turn their noses up at e-bikes," Britton says. But interestingly, there are fitness benefits to being an e-bike rider, as these riders tend to ride more frequently and for longer distances. E-biking really can be for everyone. As Spokane teeters on the brink of warmer weather, local bike shops are ready for you to try out their electric options.

"Just try it out and see what you think," Britton says.

You never know — you might just come back from your test drive smiling, as e-bike riders do, from ear to ear. 🍌

PEND OREILLE
CANNABIS COMPANY

Join Our
REWARDS
PROGRAM

1200+
CANNABIS
PRODUCTS

Get out
and go
puff!

pendoreillecannabis.com

Mon-Sat 9am-9pm • Sun 9am-5pm 509-450-5215
 501 State Rte 20, Newport, WA

WARNING: This product has intoxicating effects and may be habit forming. Cannabis can impair concentration, coordination and judgment. Do not operate a vehicle or machinery under the influence of this drug. There may be health risks associated with consumption of this product. Use only by adults 21 and older. Keep out of the reach of children.

THH
May 15
2024

JOIN US FOR LUNCH!

hope builders
Annual Benefit Luncheon

Proudly presented by Banner Bank

TOGETHER WE CAN BUILD A BETTER FUTURE FOR ALL OF US.

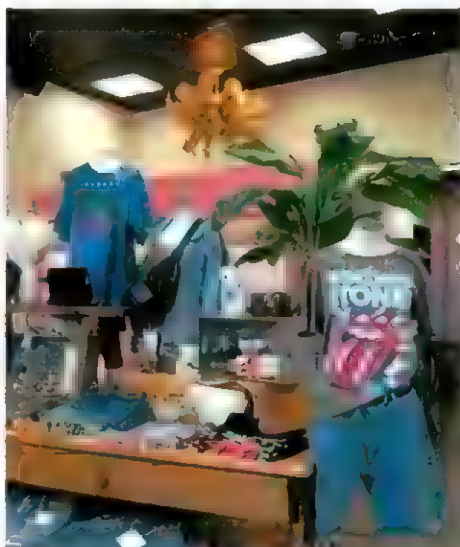
please register online!

habitat.spokane.org/HBL

Questions? (509) 536-2862

SWANK BOUTIQUE

STORIES BY SUMMER SANDSTROM • PHOTOS BY LESLIE DOUGLAS



For over 15 years, Swank Boutique's assortment of stylish and affordable clothes and accessories has made it easy for shoppers in the Inland Northwest to keep up with the latest fashion trends.

Current owner Angela Low purchased Swank Boutique in 2020, and since then she has focused on creating a space with clothing options for women of all ages.

"I like to create a multigenerational shopping experience, like I want my daughter to be able to shop there, and myself and my mom," says Low.

At Swank Boutique, shoppers can find brands that might not be as commonplace at a lot of other boutiques in town, such as P.J. Salvage, but overall Low wants people to have fun browsing through unique finds.

"I just want women to come in and feel good about what they're buying and how they look," she says. "When people walk into Swank, I want them to feel like they're shopping my closet, and I want it to be a super fun experience."

Low says that while Swank Boutique mainly carries women's clothing, they recently began selling menswear as well.

"I added menswear to the store maybe

six months ago because we'd have women come in and go, 'We're going on a date tonight, I wish I could find a shirt for my husband,'" she says.


Low says she's trying to change the perception that Swank Boutique mainly caters to teens and young adults.

"We have people come in and they're like, 'We thought you just had crop tops,' and I'm like, no, we've changed that," says Low. "We have more than crop tops, we have a lot of everything."

Swank Boutique also offers perma-

nent jewelry and private shopping parties, and overall Low's priority with the shop is to

make it a fun and enjoyable experience for all customers.

"I tell people when they come in to expect that they're going to have a one-on-one experience," she says. "I like my girls to know the clients and their names and to just give them that personal shopping experience and make them feel special." 

**SWANK
BOUTIQUE**
4727 N. Division St.
swankboutique.net

MORE TO CHECK OUT

JEMA LANE BOUTIQUE

11703 E. Sprague Ave.

In 2010, Jani Davis opened a boutique named after her four daughters — Janae, Erin, Megan and Ashley — whose initials spell Jema. They carry a wide range of sizes, from XS-3XL for tops and 0-34 in pants, so that people of every shape and size can find something cute and trendy. Additionally, they carry gifts and have new items in store each week as part of their "Jem of the Week" special. They also carry baby and kids clothes and toys, plus an array of shoes to accompany any outfit. Check out their website jemalane.com to see what they have in stock.



Simple Wildflower permanent jewelry ELIZABETH SPRING PHOTO

SIMPLE WILDFLOWER

112 S. Monroe St.

When Jessica Yefremov was planning to open her clothing boutique, it started out as an exclusively online store in 2021, and a year later she opened a physical storefront in the heart of downtown Spokane. Simple Wildflower carries an array of items, but one thing that Yefremov is particularly fond of is sets, and this spring and summer, shoppers can expect to find a number of linen pieces and essentials for their closets. They also do private shopping parties and permanent jewelry, which Yefremov says is something Simple Wildflower has become very well known for since opening. Yefremov says it's important to her to make Simple Wildflower affordable and fun for everyone who walks in. "We'd love to have a customer come in as a stranger and leave as a friend," she says.

BOUTIQUE BLEU

1184 W. Summit Pkwy.

Upon walking into Boutique Bleu, you're greeted by an array of floral patterns, bright hues and neutral colors. They sell a variety of fashionable and classic tops, dresses, pants and outerwear aimed to make shoppers feel their best wherever they go. Confidence is key at Boutique Bleu, and they strive to sell clothes that make each customer leave the store feeling strong, inspired and bold. They also sell accessories, handbags, jewelry and gifts. Plus, you can sign up for their Boutique Bleu Rewards program to earn points for each purchase at boutiquebleuonline.com, and you can also see their inventory online as well. 🍷



**PRIVATE MONEY
CAPITAL**

**New Construction
Land Development
Commercial Property
Fix & Flip**

**Call Now
(509)926.1755
pmcmoney.com**

LOANS AVAILABLE





& Food

Caviar *and* Spaghetti

Sander & Ryland Jones and
Executive Chef Peter Fosse serve at
a restaurant that's "very fancy" and
"very not fancy" at the same time.



Springtime asparagus and a fried egg are dressed up with a salsa verde and smoked salmon in this dish Froese created for *Health & Home*.

Gander & Ryegrass' chef Peter Froese wants you to be full of wonder — and full of food

STORY BY ELIZA BILLINGHAM
PHOTOS BY ERICK DOXEY

When he was growing up in Moses Lake, food for Peter Froese's family was mostly sustenance.

"It was just, you know, whatever keeps the sides of your stomach apart," he says.

An exception was Sunday afternoon. After church, his family would host a big, long meal with friends, or go to a friend's house for the kind of lunch that fills up most of the day.

"Some sort of protein, a couple of vegetable dishes, maybe some bread, maybe some jam," Froese says. "A whole family-style spread. We would just sit there and

eat and talk. Sometimes, that would be two or three hours. The kids would eventually need to go play somewhere, and the adults would stay at the table and the coffee pot would come out."

Froese is now the owner and executive chef of Gander & Ryegrass, one of the most respected and elegant restaurants in downtown Spokane. The homegrown chef keeps his head in the clouds and his feet on the ground. His restaurant is a fine dining establishment that also operates a sister company, Saltbox Sandwich Company, which does \$12 takeout sandwiches for lunch. Spring means lots of humble baby herbs and greens, growing in pots labeled with blue masking tape, peering out at Main Avenue from the restaurant's storefront windows. Even the name "Gander & Ryegrass" evokes both wonder and reality. It's named for "taking a gander" at something shiny and new, but also for appreciating the common ryegrass that's often overlooked in our lawns and parkways.

You can absolutely pop into Gander & Ryegrass for a sandwich or bowl of hand-made pasta. But Froese's favorite offering is

the chef's marathon, his tasting menu that lasts for at least three hours. Not only will the food surprise you, but you'll be forced to slow down, move past the small talk and really *be* with the people you're sharing the meal with.

When he was a teenager, Froese asked his mom for the recipe for her red meat spaghetti sauce.

"She very understandably said, 'Well, is this something that you're interested in that you are gonna stick with it, or am I gonna waste my time?'" he says. "I think at that point it was probably more of a waste of time for her."

Froese wasn't all that impressed with food until he moved to Spokane and had a roommate who marinated steak. Froese's mind was blown.

"That was a big trigger for me," he says. "It's like, 'Oh my God, you can do this with food? I didn't know that.' The last 15 years — well, I guess maybe 20 years now — it's been that adventure of, 'Oh my God, you can do that with food? That's so exciting and fun. Let's try that, let's try this.'"

Froese started attending Gonzaga University, eventually majoring in sociology. It was an interesting major for sure, he says, but it also just so happened to be the major with the least amount of minimum credits. Froese spent most of his time studying cookbooks instead.

Today, he can't remember most of the cookbooks he read, unable to recall the name or author of even the most influential one. He remembers that one featured food that wasn't much more elaborate than deli food, mostly bean casseroles and the like — "more simple cooking that's quite intriguing to me," he says. But it was around that time that he also picked up *The French Laundry Cookbook* by Michael Ruhlman, Susie Heller, and Thomas Keller, the chef whose fine dining restaurant in Napa Valley changed New American food forever.

"A very fancy and then a very not fancy at the same time," Froese says. "That actually is probably a good representation of where I'm at these days with food, too."

During one of his final semesters, Froese studied at Gonzaga's sister campus in Florence. He could just barely afford to go and didn't have much savings to spend, so he ate mostly sandwiches and very cheap Italian fare.

Most weekends, he went to a tiny sandwich shop in the shadow of Il Duomo. It could barely fit the deli counter and the two men behind it, and if the doors were

...continued on next page 55

TRY IT YOURSELF

Fried Egg with Grilled Asparagus

Eggs aren't just for breakfast! This beautiful dish with bright flavors makes a fabulous meal at any time of the day. Note that there will be plenty of the aioli and salsa verde for several servings. Though the recipe has a number of parts, it's not difficult, and Chef Peter Froese will guide you through!



Asparagus

Chef says: Start by snapping off the woody part of the stem. You can for sure just grill your asparagus — toss it in oil, salt and pepper (or your favorite steak rub), and put it right on the grill till lightly charred. However, I recommend blanching the asparagus for about one minute as it will bring out more color and provide a more even cook. Bring 6 quarts of salted water to a boil and add your asparagus. After one minute remove from the water to an ice bath.



Black Pepper Aioli

INGREDIENTS

- 3 egg yolks
- 1 tablespoon water
- 1/2 tablespoon fresh ground black pepper (or your favorite steak rub)
- 2 cups vegetable oil
- 1 tablespoon dijon
- 1/2 tablespoon red wine vinegar
- Salt to taste

INSTRUCTIONS

Add all ingredients to a bowl and slowly whisk in the oil to create an emulsion.

Home Hack: Use 1 cup good mayonnaise, then add your favorite steak sauce or hot sauce (sriracha works great for this).

Salsa Verde

INGREDIENTS

- 1/2 cup fresh parsley
- 1/2 cup arugula
- 1 tablespoon dry oregano
- 1 tablespoon chopped shallot
- 1 tablespoon chopped caper
- 1 anchovy filet
- 1/2 cup olive oil

INSTRUCTIONS

Chop everything really well with a knife (or use a food processor), and season with salt and pepper to taste. While the asparagus is still warm, spoon the salsa verde over it. (The salsa verde can be omitted if this feels excessive, but I would encourage you to give the asparagus a spritz of lemon juice or a high quality vinegar, as this acidic punch will help cut through the fat of the aioli.)



Fry an Egg

There are many arguments for a crispy fried egg from a cast iron skillet. At G&R we cook soft, sunny side up eggs at a low heat with a knob of butter so the yolk is quite runny.

Smoked Steelhead

Smoked steelhead and salmon are such wonderful pairings to asparagus. However, any smoky, meaty touch would be wonderful. Think bacon bits, smoked oysters, crispy pulled pork, etc.

Loaded Breadcrumbs

INGREDIENTS

- 2 cups breadcrumbs
- 1 piece of garlic finely minced
- ½ cup parsley finely chopped
- Olive oil
- Salt and pepper to taste

INSTRUCTIONS

Add breadcrumbs and garlic to a food processor, blend adding enough oil to make a wet sand texture, add parsley and seasoning to taste and pulse till well combined. Spread this mixture on a sheet tray and bake in an oven at 300 degrees till lightly toasted, stir up the mixture, and put it back in the oven to toast again. Let cool. This is a great topping that works on vegetables, pasta and fish dishes.

TO PLATE

Spread the aioli on your serving plate, toss the asparagus spears with the salsa verde, and lay them over the aioli. Place your finished egg over the asparagus, then top everything with the loaded breadcrumbs. Gently flake the fish over the entire dish. Enjoy!

— RECIPE BY GANDER & RYEGRASS
CHEF/OWNER PETER FROESE

Caviar and Spaghetti...

closed, you wouldn't know it was there. Each sandwich was a lesson in perfect simplicity. A Saturday favorite was the ricotta and mortadella, with a few ounces of red wine — “the perfect afternoon meal,” if you ask Froese. The ricotta and speck sandwich at Saltbox is an homage to that sacred, affordable snack.

Before graduating, Froese had already worked as a server at Mizuna and been on the opening crew of two infant businesses, Veraci Pizza, which became Versalia Pizza, and Indaba Coffee. He then went on to Latah Bistro, Central Foods, and Sante, the latter two of which have since closed.

Then, Froese and his wife moved to Seattle so she could study law. He started

doing a few pop-up events at his old haunt, Sante. When Sante's owners decided to leave, they asked Froese if he wanted to take over the space.

“That was a little bit of a shotgun wedding situation,” he says. But he had been workshoping his ideas consistently and figured it was time to go all in.

Since its opening in 2019, Gander & Ryegrass has become a staple of Spokane's fine dining scene. Still, Froese is hesitant to call his favorite service, the chef's marathon, a true tasting meal. In the middle of the elaborate six-course meal, which changes daily, Froese usually inserts an unassuming “refresh” course.

“Sometimes it's a plated fancy dish, but oftentimes we come back to something that's very down-to-earth — a small cheese plate in the middle that has some composi-



working in the commissary kitchen for Tavolata, which made all the pasta for most of the local chain restaurants.

“It was kind of wild watching someone make 150 pounds of gnocchi at once,” he says.

He then became the pasta chef and the butcher at Altura, a seasonal, elevated Italian restaurant that has left a lasting impact on him. He would carve meat in the morning and roll out pasta at night. Italian cooking has always felt right to Froese, because of its rustic roots.

“I think it's not until more recently — maybe the last 20 or 30 years — that there's been more high-end versions of it. It has the ability to reach in either direction.”

Back in Spokane, Froese spent a few months as a stay-at-home dad before taking some shifts with Tony Brown at Ruins and

tion to it, like local honeycomb and stinky cheese or something like that. It's usually fairly simple and straightforward.”

The French Laundry would never serve something so humble in the middle of a chef's finest meal, Froese worries. But he and his staff think it's an important pause in the experience, both to check the ego but also to satisfy the appetite.

“It comes back to that [idea of] reaching towards something that's fancy and wonderful and beautiful — so we'll go down the road of adding foie gras or caviar or some wild component that took us three or four days to make,” he says. “But at the same time, we have to bring ourselves back to the fact that this is dinner and particularly in the culture that I grew up in, you have to leave that dining room full.” 🍷



An old-fashioned drink
with Browne Family Spirits
Southern Whisky

DRINK LOCAL

Spirits, Spokane Style

Browne Family Spirits offers craft distilled liquors at its East Spokane tasting room

STORY BY WILL MAUPIN • PHOTOS BY ERICK DOXEY

It's right there in the name, so it should be no surprise that Browne Family Spirits was born out of owner Andrew Browne's desire to honor his family.

A successful Washington winemaker for more than two decades, Browne built Browne Family Vineyards from a small Walla Walla winery that initially produced four barrels of cabernet into a large operation with six tasting rooms around the state. While there was a history of wine in his family, especially from his grandfa-

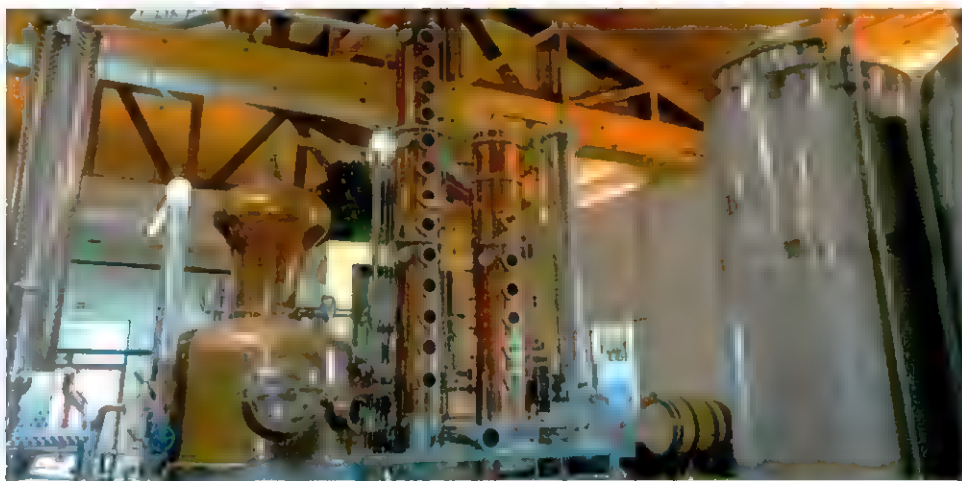
ther who turned down Harvard for a year abroad at the University of Bordeaux, Browne knew he had to expand to honor the entire family.

"It was a generational thing with my grandparents who were much more spirit drinkers than they were necessarily wine drinkers. So I always had it in the back of my head that if we could do something on the distilled side, I would love to do it in my hometown," Browne says.

That dream became a reality in 2022

when Browne Family Spirits opened in the old Warrior Liquor distillery next to the ADM Milling silos in an industrial section of East Spokane. There was more than just coming home to Spokane that brought Browne's distilling dream here to the Inland Northwest.

"The water in Spokane is very good with the Rathdrum Aquifer," says distiller Aaron Kleinhelter. "Washington has a very good grain source. It's got a good climate for aging whiskey."



Distiller Aaron Kleinelter, who was born and raised in Kentucky, crafts spirits including whisky, bourbon, vodka and also gin, which is used in a lavender bee's knees cocktail at the northeast Spokane tasting room.

The only grain the distillery doesn't source from in state is their barley, which Kleinelter says comes down to climate. It grows better at higher latitudes, so they source it from just across the border in British Columbia.

While Browne grew up in Spokane and saw putting a distillery here as a way to remain connected to his hometown, Kleinelter doesn't have the same local connection. For what he's doing, however, that might be for the best.

Kleinelter was born and raised in Kentucky, the heart of America's whiskey industry, where he learned the ropes before taking a job here at Warrior Liquor.

Fittingly, most of the offerings at Browne Family Spirits are brown liquors, from classics like single malt and rye whiskeys to seasonal experimental offerings like a vanilla bean flavored bourbon.

For those who are looking for something different, Browne also offers some vodka and gin options.

"We just came out with a Northwest botanical gin in our tasting room. It's called Gigi's Gin, and it's named after my grandmother on my mom's side," Browne says.

They're all available, along with a selection of Browne Family Vineyards wines, at the tasting room adjacent to the distillery. Visitors are treated to the view of the giant copper stills and the racks of barrels slowly aging their product, and to the wafting scent of grains passing through the open, high-ceilinged space.

In addition to traditional tasting room staples like flights and bottle purchases, Browne Family Spirits offers a selection of cocktail options to high-light flavor pairings and a small selection of light bites for those who feel like snacking.

"We work really with more of your classic straightforward cocktails and a few creative ones that Aaron and I'll work with together on, seasonal ones based on what our new releases are. He gets to be my guinea pig with that," says general manager David Duarte.

Their newest cocktail creation for spring and early summer is a mint fizz with their seasonal cucumber and mint infused gin, lemon juice, simple syrup, soda water, and lavender bitters.

Between the sun-soaked lawn and patio out front to the warm, very Northwest-looking interior of timber beams and polished wood, the tasting room feels out of place in the otherwise isolated, industrial area.

"You have this industrial feel, you have the mill facility across the street that you can see from a large portion of Spokane right across from it," says Kleinelter. "It's kind of a hidden gem in a sense." ☺

BROWNE FAMILY SPIRITS

714 N. Lee St.

Open 11 am to 6 pm, Tuesday through Saturday.



Food

DINING
OUT

LAKEHOUSE BAR AND GRILL

STORIES BY ELIZA BILLINGHAM

In 2019, Jonathan Seaman-Cwik became the first graduate of Spokane Community College's Inland Northwest Culinary Academy to secure an internship at Noma, Denmark's culinary mecca. But after he completed the course, he quickly ditched the prestige.

Instead, Seaman-Cwik is now running a from-scratch, farm-to-table, hidden-est of gems restaurant in a sleepy 800-person town 30 miles north of downtown Spokane. It's an experiment in local sourcing, efficiency, creativity and skill — values chef René Redzepi, founder of Noma, would surely be proud of.

The Seaman family bought Lakehouse Bar and Grill in Loon Lake in late 2022, opening officially in January 2023. For the past year, Lakehouse has been Seaman-Cwik's responsibility, experimentation station and playground.

"Whatever we make, we make here," he says.

That applies as much to the house-made ranch as it does to the beef and pork raised a mile or two down the road. Seaman-Cwik buys most ingredients from neighbors, many of whom have small farms, greenhouses, gardens and coops. He prepares all the food himself, creating high quality, hyperlocal, sometimes expensive



Lakehouse Bar and Grill owner Jonathan Seaman-Cwik

YOUNG KWAK PHOTOS

plates. He has some local regulars, but he mostly relies on people to come from Spokane or Deer Park to seek out his food.

It's an ambitious plan. But Noma made

a name for itself by turning the strange and impossible into the commonplace. So maybe this Noma grad is on to something, too. Maybe dining out will soon mean ditching downtown to get as close as possible

to the source of our food. Maybe someday, small rural communities will be the hotbeds of innovation and farm-fresh meals.

...more new restaurants on page 60



YOU'RE READING THE INLAND NORTHWEST'S BEST-READ LIFESTYLE MAGAZINE!



INLANDER

Health & Home

A free, bi-monthly magazine all about living well in the Inland Northwest

Home Health Food Lifestyle People Etc.

Pick Up Your *FREE* Copy

AVAILABLE AT OVER 1,000 LOCATIONS, INCLUDING

Inlander Community Centers

LOCATED IN THE LOBBY OF 50+ AREA GROCERY STORES

ROSAUERS • SUPER 1 • YOKE'S • SAFEWAY • ALBERTSONS

Subscribe

GET INLANDER HEALTH & HOME
DELIVERED TO YOUR DOOR

only \$18 yearly

subscriptions@inlander.com

TO ADVERTISE IN THE NEXT ISSUE: advertising@inlander.com • 509.325.0634 ext. 233

*SOURCE: The Media Audit

MAS TO CHECK OUT



PATRÓN MEXICAN RESTAURANT ▲

3029 E. 29th Ave.

Open daily 11 am-9 am

Patrón opened on East 29th Avenue last December, replacing what used to be Jalisco's Mexican Restaurant and Tequileria after it moved to the North Side.

Patrón was originally the dream of chef and owner Isadoro "Izzy" Perez. He and his team have created some of the best salsas in Spokane, from classics like salsa roja and salsa verde to salsa ranchera, salsa de mole, salsa diablo and mojo de ajo. One of their most popular items, the Patrón special wet burrito (\$16.95), comes drenched in not one but two kinds of salsas for guests who can't choose between red and green. A lot of the menu is customizable, since tacos, quesadillas, tortas, burritos and enchiladas (a staff favorite) can be served with whatever kind of meat you like.

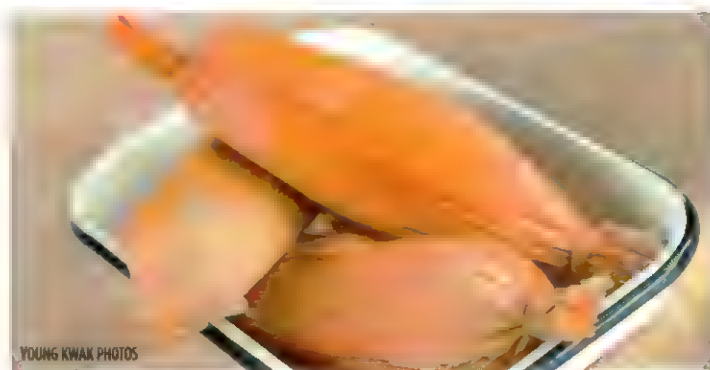
TAMALE BOX ▼

1102 W. Summit Pkwy.

Open Tue-Sat 11 am-8 pm

Enrique Mariscal and Lauren Murray opened Tamale Box, a counter-service restaurant that features the same tamale recipe his mother used (and never wrote down). Tamale Box started as a farmers market booth in 2019 and opened its first permanent location in Kendall Yards in February. Another location is in the works for Greenstone's new River District near Liberty Lake, which the couple hopes will be open by next winter.

Each tamale — black bean, cheddar and jalapeño, pork chile verde, shredded beef, or chicken chile rojo — is under \$6. They're so plump that a



YOUNG KWAK PHOTOS

Maryhill
WINERY

TASTING ROOM & BISTRO

1st Winery in the World & 1st Winemaker of the Year

BEST OF
READERS POLL
2024
INLANDER

VOTED SPOKANE'S
BEST WINE TASTING ROOM
5 YEARS IN A ROW

Showcasing the
rich and diverse
flavors of
Washington
state wine with
passion,
patience, and
balance.



MOST VALUABLE PRODUCER
Washington State Wine Awards

maryhillwinery.com

Follow us @maryhillwinery

GOLDENDALE
SPOKANE
VANCOUVER
WOODINVILLE



pair is more than enough for an office lunch. Or, grab a side of homemade rice and beans (\$4) with a single tamale for just as satisfying a meal. The menu is simple, especially since Mariscal oversees each handmade tamale.

"There are ways that we could expand," he says. "But keeping it to just tamales keeps it specialized. I think it's the best way to keep our quality at the level that we want it, especially because they're so labor intensive."

BIRRIERIA EL SAZÓN

11519 E. Sprague Ave., Spokane Valley

Open daily 8 am-midnight

This new Mexican spot's got "the touch." The newest location of the El Sazón franchise, which also has locations in Pasco and Kennewick, is an offshoot of El Riconito, a family-owned franchise that has over 15 locations in Western and Central Washington. It's not often that a franchise is known for fresh food. But the chain has an integrated supply chain within the company to keep ingredients, recipes and quality consistent across stores and over time.

Next to the register, an employee grills fresh corn tortillas on a hot griddle. Besides tortillas, all the salsas and churros are also housemade, says co-owner and general manager Matthew Gonzalez. The birria, the meat the restaurant is named for, is braised overnight and then cooked for six more hours before it's served in any form you like — burritos, tacos, tortas, sopitos, gorditas or mulitas. 🌮

OVER 1000 WHISKEYS ON THE WALL & GREAT FOOD

A TRULY UNIQUE WHISKEY & RESTAURANT EXPERIENCE

CRAFT BEER

PURGATORY

WHISKEY BAR

est. 2017

GIFT CERTIFICATES AVAILABLE

524 W Main Ave, Downtown Spokane
thepurgatory.com
 Sun-Thu 12pm-11pm • Fri-Sat 12pm-12:30am

VIEW OUR MENU

Teriyaki Spice

11980 W Sunset Hwy Ste A Airway Heights
 HOURS: Mon-Sat 10a-10p | Sun 10a-8p | 509-244-8836 | www.teriyakispace.com

Find a dash of panache

ENERGIZE

PEPPERMINT

27¢ PER (50 SUGGS)

Let the day drift away

DREAM

LA VIOLETTA

20% OFF THEGREENNUGGET.COM

1340 SE BISHOP BLVD. PULLMAN | (509) 334-9470

WARNING: This product has intoxicating effects and may be habit forming. Cannabis can impair concentration, coordination, and judgment. Do not operate a vehicle or machinery under the influence of this drug. There may be health risks associated with consumption of this product. For use only by adults 21 and older. Keep out of the reach of children.

Cochinito

-Taqueria-

HAYDEN SPOKANE

509-334-1234

Father and son, Mike and Justin Kobluk, backstage at the First Interstate Center for the Arts
ERICK DOXEY PHOTO

Family Ties

The story of Spokane's Kobluk family is the story of the Spokane Opera House — the centerpiece of Expo '74

BY TED S. MCGREGOR JR.

When you pass by the First Interstate Center for the Arts on Spokane Falls Boulevard, you see a timeless structure of concrete and glass — modern and enduring. Great architecture can make a building feel both new and like it's been there forever. It might surprise you to know it's turning 50.

Wait, isn't this also the 50th anniversary of Expo '74? Yes, they share a birthday because the Washington State Pavilion (aka the Spokane Opera House, now the FIC) was built for the world's fair. Accord-

ing to historian Bill Youngs, the foremost authority on all things Expo '74, "it's the most important architectural residual of the world's fair."

It's hard to argue with that. In 1974, the theater kicked off with a full slate of world-class performances, and it has continued attracting shows like *Hamilton*, *Les Mis* and *Cats* in the years since.

There's a connection across all those years that's alive today in Spokane's Kobluk family. Mike Kobluk was one of the first dozen employees of Expo '74; he



From 1958-68, Mike Kobluk was a founding member of the Chad Mitchell Trio, which performed on *The Ed Sullivan Show* and at Carnegie Hall.

JASMINE

THE CHAD MITCHELL TRIO



Clockwise from top: Kobluk, Joe Frazier and Chad Mitchell.

been part of our family.”

Meanwhile, Mike and Clare stand silently, taking a long look out upon row after row of red seats, rising as they recede into the balconies. I can only imagine the flood of memories.

“I kept hearing about King Cole and how he wanted to do a world’s fair,” Mike recalls. “I knew right away that was the job I wanted. I wanted to work for the world’s fair, and I wanted to work for King Cole. I’d see him around town at that time, and I guess I’d just accost him about it.”

And it worked! Cole, the “Father of Expo,” hired Kobluk as Expo’s manager of special events and director of performing and visual arts. Kobluk had just finished his degree at Gonzaga and was working in the alumni relations office. But he was ready for some excitement like the kind he had been steeped in for more than a decade before he came back to Spokane.

It all started when he and two friends from the Gonzaga Glee Club — Chad Mitchell and Mike Pugh — went to New York City in the summer of 1959 to see if they could make a dent in the growing folk music scene.

And it worked! In the era of the Kingston Trio and early Bob Dylan, the Chad Mitchell Trio took off. Hit records and world tours followed. Joe Frazier would replace Pugh; later, John Denver joined the group; Roger McGuinn played guitar; and Harry Belafonte championed their music. College would have to wait.

After a show in Mexico City, an exchange student from Texas caught Mike’s eye; they started dating, but he’d have to convince her parents of the prospects of a humble folk musician. The Trio’s appearance on *The Ed Sullivan Show* was apparently enough, and Mike and Clare were married. Soon came kids — daughter Lydia, who now lives in Tacoma, and the twin boys, Justin and Gerry, a Spokane attorney. A young family and life on the road did not mesh, so Mike left the trio in 1968. After 18 months in New York as a promoter, it was back to Spokane. His mom had never given up on pestering him to finish his degree, as moms will do.

Which brings the story back to Kobluk semi-stalking King Cole around town. The truth is, he was extremely well qualified for the job, with connections throughout the industry. Just four months before opening day, when the list of bookings was still pretty thin, he was interviewed by the newspaper.

“I told them I thought it would be ‘The Entertainment Capital of the United States’ for six months. Of course that’s what they put in the paper.”

The pressure was on. Earlier, Kobluk had sent handwritten letters to mayors in cities across America, asking them to lend their entertainers to the effort.

And it worked! “One day,” he says, “we got a letter back from the mayor of Los Angeles. They wanted to be a part of it — in fact, they wanted to bring the LA Philharmonic with Zubin Mehta. And they wanted to open the fair!”

...continued on next page

was charged with filling the entire schedule, May through October, with dazzling entertainment. His son, Justin, has been president of the Best of Broadway series since 2019, filling the very same theater with must-see shows. Like father, like son.

Mike, his wife, Clare, Justin and I met inside the theater to trace the serendipity of it all. Up on the stage, the house lights reveal the simple beauty of the space.

“Since growing up, I’d be backstage, so I’ve seen it up close from the back end and from the front end,” Justin says. “It’s always



Funded by Washington state, the new theater opened on May 3, 1974, with a performance by the Spokane Symphony. The next morning, Expo '74 welcomed the world to Spokane. NORTHWEST MUSEUM OF ARTS AND CULTURE PHOTO

Family Ties...

When word got out about the LA Phil, the engagements started flowing. Bob Hope, old friends John Denver and Harry Belafonte. One letter carried the looping, florid signature of Liberace, who committed to six shows around the Fourth of July. (Kobluk was also booking Expo shows into the Spokane Coliseum.) It became a jam-packed showcase of pure 1970s pop culture — the Carpenters, Olga Korbut, the Amazing Kreskin.

"And," says Mike with a big smile, "we made over \$300,000 in profit."

His reward? A full-time job, as somebody was going to have to fill this new building with entertainment after that magical year. He stayed on for nearly three decades, retiring in 2002. In a hallway backstage, there's a plaque that reads: "The House that Mike Built."

The struggle to get the Opera House rolling as a real venue after the fair is another story, but suffice to say a lot of amazing things grew from the seeds planted in 1974: TicketsWest, the Spokane Convention Center, the Spokane Arena, the Spokane Public Facilities District (directed for 16 years by Kevin Twohig, who started his own career working Expo shows). And, of course, there's the Best of Broadway series that Justin leads today, which in its 36 years has brought in 1,843 performances



with 3.3 million seats filled. All that from one building that had its own dramatic backstory.

"It was not certain the Opera House would get booked," Mike says. "But you know, for a while it was not certain it would even get built."

In the 1960s, if you hosted a world's fair (like Seattle in 1962 and New York in 1964), the state and federal governments would help out with structures that would remain after the fair. Seattle got the Space Needle, while New York got the Unisphere. Spokane's planners beat a path to Olympia to remind legislators of the \$10 million given to Seattle for their fair, and, well, fair's fair.

When King Cole was asked what the money would be used for, he answered, "I

don't care... as long as it's in the shape of an opera house."

While the U.S. Pavilion, recently renovated and still in the heart of Riverfront Park, was a gift from all of these United States, over in Olympia Spokane had to make its case. Leading citizens and business leaders stepped up to help, with local business titan Luke Williams taking point. Ultimately, they secured \$7.5 million, with \$2.9 million more the next year to fulfill Williams' goal of adding convention center space. Another \$1 million was raised locally under the leadership of future mayor Vicki McNeill.

Local architectural phenom Bruce Walker and his partner John McGough won the contract to build it. As a Spokane kid at the University of Washington, Walker was disappointed when he found out they did not offer a cartooning degree, so he chose architecture. He took a break from college to defend democracy in places like Iwo Jima and the Philippines. Upon his return, he finished his degree, then went to Harvard to study under the legendary Walter Gropius. He worked on the Washington Water Power building with Ken Brooks, and later designed five buildings on the UW campus, along with their Red Square plaza; Walker's firm became Integrus.

Yes, Walker was a rock star of his pro-



Spokane architect Bruce Walker's team designed the Washington State Pavilion, aka the Spokane Opera House; his name still appears on a beam backstage. ERICK DOXEY PHOTO

fession — but having never designed a theater, he was intimidated. “It’s like designing a kitchen for a cook you don’t know,” he commented.

An early innovation was to make it bigger, going from a planned 1,300 seats to 2,600. Acoustics, a key element of any good theater, were another challenge. While at Harvard, Walker took a class on acoustical engineering at MIT (of course he did), but he also knew enough to bring in a top expert from Los Angeles to consult. The wooden slats you see in the ceiling today are a part of their novel acoustic design.

“The interesting thing about an opera house,” Walker told Bill Youngs for his 1996 book *The Fair and the Falls*, “is that you have to tune it. It’s like a musical instrument in the sense that it has a sound to produce.”

The final tests and tweaks, Walker said, were conducted when somebody brought in a bunch of cassette tapes they’d blast out to test the sound from different seats. The voice they chose? Neil Diamond’s.


The interesting thing about an opera house is that you have to tune it. It’s like a musical instrument...

Justin Kobluk says he hears again and again from touring productions that the space has stood the test of time; Walker’s design works for all kinds of cooks he did not know. Along with the sound, producers love the size of the stage — much larger than the theaters in New York where these shows make their debut. The building has even set records for the load-in, load-out times for many shows. (Yes, the theater world keeps track of such things.)

For its opening weekend back in 1974, the Washington State Pavilion welcomed the LA Phil on the evening of opening day — Saturday, May 4. On Friday night, May 3, it was the Spokane Symphony that got to officially christen the space, under the direction of Donald Thulean.

Justin would have been about 7 at the time — just old enough to know that mom, dad and the other grown-ups were up to something big.

...continued on next page




GEMWORKS

FINE JEWELERS



THE PAULSEN CENTER | DOWNTOWN SPOKANE
FORMERLY PARAGON GEM SERVICES



CALLING ALL SUPER MEOWDELS AND PUPARAZZI



**2023
WINNER**
Babette

INLANDER



COVER
PET

Photo
Contest

PHOTO SUBMISSIONS OPEN MAY 30

VOTING BEGINS JUNE 27

PETS.INLANDER.COM



Family Ties...

While Justin was studying at UW in the 1980s, the Chad Mitchell Trio was doing a reunion tour.

He decided he would surprise everyone by making a trip out to a show in New York City. He arrived early in the day and jokingly told the guy at the door he was with the band. Great, the man said, maybe you can help with these, pointing to a box filled with square little plastic cases. Today we know them as CDs, but at that time they were a strange new innovation.

"He didn't know what to do," Justin recalls, "so I jumped right in there and sold the merch. After the show, I settled up, filled an envelope with cash and delivered the band's share to the Trio. Right there, I felt like, 'I can do this.' I just loved the feeling of being part of it."

After graduating, Justin let his parents know his post-college plans. They were likely among the tiny minority who would support what he had in mind: following the Rolling Stones to sell T-shirts.

In fact, it was more than selling t-shirts; at age 22, Justin was managing the merchandising behind major tours like the Stones, Janet Jackson and Garth Brooks. That led him to the Midwest where he helped open and manage a new arena at

Like all good architecture, Bruce Walker's theater has a timeless feel — like it's brand new but has been here forever. ERICK DOXEY PHOTO

Wright State University in Ohio. He came back West to run the events at the Tacoma Dome, then worked for the Seattle Super-sonics, then helped launch the new Angel of the Winds Arena in Everett. Finally, 25 years after leaving Spokane, he came back to help develop the entertainment program at Northern Quest Resort & Casino, including the design and build of the BECU Live! outdoor amphitheater.



The Kobluk kids were regulars at Expo and the Opera House, with season passes.

The full circle was closed in early 2019 when he took the reins at Best of Broadway, toiling to fill the very same theater with joy, laughter, tears and ovations — just as his dad did all those years ago.

The time away has brought perspective, Justin says, especially appreciating more fully the spark that Expo '74 lit for a city that has made great strides since the time he grew up and moved away.

"Today, Spokane, without being a big city, has everything a big city has," he says. "The success of this building, with the world watching, that's what tipped everything over and allowed us to take the next steps — the Arena, we now have the Podium, the Convention Center. I can't imagine how any of this would ever be done today; what it took to accomplish all of it is enormous."

Here 50 years later, it's hard to describe the audacity of Expo, or the scope of its legacy. "Enormous" is a good start. For many, like the Kobluks, it's long been woven into their life story; for others, it's Expo's delightful mystery-you-can't-quite-solve vibe that has resonated across so many decades.

Mike Kobluk, one of the ringleaders of Expo's merry band of dreamers, has an explanation: "Expo," he says, "it was truly a miracle." 🍀



expo'74
50th Celebration

Throughout the months of May and June, join in the celebrations at a series of events marking the 50th anniversary of Spokane's World's Fair. Find events at Expo50Spokane.com

ROYALS

C A N N A B I S

HAPPY HOUR

OPEN-10AM EVERY DAY

M-TH 5PM-7PM

F-SUN 8PM-CLOSE

25% OFF

ALL ORDERS OVER \$25

20% OFF

ALL ONLINE ORDERS

ANYTIME DURING MAY AND JUNE

*PLEASE NOTE, ALL DEALS ARE SUBJECT TO CHANGE. DISCOUNTS CANNOT STACK.
DISCOUNT DOES NOT APPLY TO ITEMS ON SALE.

QUALITY CANNABIS WITH THE ROYAL TREATMENT.
STOP BY TODAY, YOUR BUDTENDER AWAITS.



509.808.2098 • 7115 N DIVISION



ROYALSCANNABIS.COM/ORDERONLINE

21+

This product has intoxicating effects and may be habit forming. Cannabis can impair concentration, coordination, and judgment. Do not operate a vehicle or machinery under the influence of this drug. There may be health risks associated with consumption of this product. For use only by adults twenty-one and older. Keep out of the reach of children.

We Protect the Health of our Community!

At Gold Seal Plumbing, we take that statement seriously. That's why we focus solely on plumbing; from drips and clogs to trenchless sewer repair. So if you need a plumber, call the best... **call Gold Seal Plumbing!**

We specialize in the following services:

- Emergency plumbing repair
- Water heater installation
- Water heater repair
- Trenchless sewer repair
- Mobile home plumbing
- Hand held shower heads
- Leak detection and repair
- Drain cleaning
- Boiler Repair
- Water treatment
- Easy use faucets
- Gas line repair
- Aging in place safety
- Toilet seats and bidets
- Plumbing fixtures
- Radon testing
- Backflow testing



Go to our website
goldsealplumbing.com
for specials and discounts

We're on our way

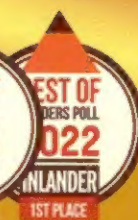
(509) 934-1053

CALL FOR YOUR FREE QUOTE.



**GOLD
SEAL
PLUMBING**

A Division of Gold Seal Mechanical, Inc.
Quality plumbing since 1967.



GOLDSSP771K6

GoldSealPlumbing.com